



FLAME AND BREEZE FETA PASTA

Garides me feta

55 MIN • APPRENTICE • MEDITERRANEAN, FUSION



INGREDIENTS

FOR THE BAKE

Serves 4

- 500g (about 1 lb) Roma tomatoes, cut into wedges
- A small handful of fresh mint, finely chopped, plus extra for garnish
- 1 block feta cheese (about 200g / 7 oz)
- 2 tbsp honey
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt, black pepper, and cayenne pepper, to taste
- 400g (about 14 oz) raw shrimp, peeled and deveined

FOR THE NOODLES

- 250g (about 9 oz) buckwheat noodles (fresh or dried)
- Salt, for the noodle water

INSTRUCTIONS

STAGE 1: PREP AND ASSEMBLE

1. Cut the tomatoes into wedges, not too small, so you can still feel the texture of the tomato in the finished sauce.
2. Finely chop the mint.
3. In a deep baking dish, combine the tomato wedges and chopped mint. Add the olive oil, oregano, salt, pepper, and a pinch of cayenne, and toss to coat.
4. Nestle the block of feta into the centre, tucking the tomatoes around it so the cheese is surrounded on all sides. Drizzle the honey over the feta, it pairs wonderfully with the mint.
5. Cover the dish tightly. Foil works well.

STAGE 2: BAKE THE TOMATOES AND FETA

1. Preheat the oven to 200°C (400°F). Bake covered for 20 to 25 minutes, until the tomatoes have softened and the feta is warm and glossy.

STAGE 3: SHRIMP TIME

1. Remove the dish from the oven and stir everything together, breaking up the feta so it combines with the tomatoes into a sauce. Nestle the shrimp in, then stir gently until they are coated in the sauce.
2. Cover again and return to the oven for another 5 to 10 minutes, just until the shrimp are cooked through and have soaked up the sauce.
3. Take the dish out and leave it covered for a few minutes before opening. The shrimp will finish gently under the foil without overcooking.

STAGE 4: COOK THE NOODLES AND SERVE

1. While the shrimp bake, bring a pot of salted water to a boil and cook the buckwheat noodles. Fresh noodles cook very quickly, about 1 to 2 minutes, while dried noodles usually need longer, so follow the timing on your package. Drain and rinse under cold water.
2. Plate the noodles and spoon the feta, tomato, and shrimp mixture on top. Finish with fresh mint and enjoy warm.

NUTRITIONAL VALUE

Values are approximate, per serving. Recipe serves 4:

~480 kcal

CALORIES

20g

TOTAL FAT

45g

CARBOHYDRATES

29g

PROTEIN



LANTERN KITCHEN STORIES