



BAKED FETA IN SPICY TOMATO SAUCE

with Cauliflower Rice



HELLO

CAULIFLOWER RICE

Made from minced cauliflower, this "rice" is nutty and sweet when cooked.

TIME: 30 MIN



Feta Cheese



Cauliflower, rice



Crushed Tomatoes



Garlic



Onion, chopped



Chili Flakes



Parsley



Baby Spinach



Balsamic Glaze



Zucchini

BUST OUT

- Medium Pan
- Large Oven-Proof Pan
- Garlic Press
- Salt and Pepper
- Measuring Spoons
- Olive or Canola Oil
- Unsalted Butter 2 (2 tbsp | 4 tbsp)

INGREDIENTS

2-person | 4-person

- Feta Cheese 2 100 g | 200 g
- Cauliflower, rice 227 g | 454 g
- Crushed Tomatoes 1 box | 2 box
- Garlic 6 g | 12 g
- Onion, chopped 113 g | 227 g
- Chili Flakes 🌶️ 1 tsp | 1 tsp
- Parsley 7 g | 14 g
- Baby Spinach 56 g | 113 g
- Balsamic Glaze 9 2 tbsp | 2 tbsp
- Zucchini 200 g | 400 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- | | |
|-----------------|---------------------------|
| 0 Fish/Poisson | 6 Mustard/Moutarde |
| 1 Wheat/Blé | 7 Peanut/Cacahuète |
| 2 Milk/Lait | 8 Sesame/Sésame |
| 3 Egg/Oeuf | 9 Sulphites/Sulfites |
| 4 Soy/Soja | 10 Crustacean/Crustacé |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

*Laver et sécher tous les aliments.



START STRONG

Preheat your broiler to **high** (to bake feta). Start prepping when the oven comes up to temperature! In Step 2, use this heat guide to determine what spice level you prefer: **1/8 tsp** mild, **1/4 tsp** medium, **1/2 tsp** spicy and **1 tsp** extra-spicy!



1 PREP
Wash and dry all produce.* Peel, then mince or grate **garlic**. Roughly chop **parsley**. Cut **zucchini** into 1/2-inch pieces. Cut **feta** into 4 slices, lengthwise.



4 MAKE CAULIFLOWER RICE
Meanwhile, heat a medium pan over medium-high heat. When the pan is hot, add **2 tbsp butter** (dbl for 4 ppl), then **cauliflower rice**, **remaining garlic** and **1 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until softened, 4-5 min. Remove pan from heat. Season with **salt** and **pepper**. Stir in **half the parsley**.



2 MAKE SAUCE
Heat a large oven proof-pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **zucchini**. Cook, stirring occasionally, until softened, 4-5 min. Add **crushed tomatoes**, **half the garlic** and **1/2 tsp chili flakes**. (NOTE: Reference Heat Guide in Start Strong). Cook, stirring occasionally, until simmering, 1-2 min.



5 FINISH AND SERVE
Divide **cauliflower rice** between plates. Top with **baked feta** and **tomato-spinach mixture**. Drizzle over as much **balsamic glaze** as you like. Sprinkle over **remaining parsley**.



3 BROIL FETA MIXTURE
When **mixture** simmers, remove pan from heat and add **spinach**. Stir together, until wilted, 1-2 min. Arrange **feta slices** on top of **tomato-spinach mixture**. Broil, in **top** of oven, until **feta** is warmed through and slightly melted, 5-6 min.

SHOW STOPPER!

This dish comes together in no time and is picture perfect!



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