THE LIGHTER PLATE METHOD

Baked Feta with Cherry Tomatoes and Herbs

One dish, five ingredients, and a lot more flavour than the effort suggests.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**20 min**	**25 min**	**4**	**EASY**

Ingredients

- 200 g block feta cheese
- 300 g cherry tomatoes
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 small loaf crusty bread (to serve, optional)

Method

1. Preheat the oven to 200°C (fan 180°C).
2. Place the feta block in the centre of a small baking dish and scatter the cherry tomatoes around it.
3. Drizzle everything with olive oil and sprinkle over the oregano.
4. Bake for 18–20 minutes until the tomatoes have burst and the feta is soft and lightly golden.
5. Mash everything together roughly with a fork and serve with crusty bread for scooping.

Storage & reheating

Best served warm straight from the oven. Leftovers keep for a day and are good cold on toast.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
220	**9g**	**6g**	**17g**	**2g**

Estimated values, for guidance only. Contains: Milk, Gluten.