

Feta Pasta

Per Portion

558 Calories

18.75g Protein

52.25g Carbs

29.75g Fat



Ingredients

- 2 packs cherry tomatoes
 - 5 tablespoons oil
- 200g salad cheese (such as feta)
 - 1 tsp dried oregano
 - Salt and pepper, to taste
 - 250g pasta
 - 1 garlic clove, minced
- 1 handful fresh baby spinach
 - 5g chopped fresh basil

Method

1. Preheat your air fryer to 180°C.
2. Toss the cherry tomatoes with 3/4 of the oil.
3. Place the salad cheese in the middle of the basket, drizzle it with the remaining oil, and sprinkle with salt, pepper, and dried oregano.
4. Cook for about 30 minutes. Stir the tomatoes and cheese every 10 minutes, until the tomatoes have burst, and the cheese is nicely browned.
5. While the tomatoes and cheese are cooking, prepare the pasta according to the package directions. Reserve 1 cup of pasta water before draining.
6. Remove the cheese and tomato mixture from the air fryer and stir in the minced garlic until everything combines into a creamy sauce.
7. In a large bowl, combine the cooked pasta with the sauce, adding the fresh baby spinach and chopped basil. If the sauce seems too thick, add some of the reserved pasta water to loosen it up.
8. Season the pasta dish with additional salt and pepper to taste.

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*