

DINNERLY



Low-Cal Baked Feta Pasta with Tomato Sauce

 30-40min  2 Servings

This is pasta like you've never seen it before (well, maybe you saw it on TikTok). Feta—the star of this show—gets nestled into a tomatoey sauce and baked til it's soft and gooey. Throw in some cooked pasta, and you're in for an extremely easy dinnertime treat. No sweat! We've got you covered!

WHAT WE SEND

- 14½ oz can whole peeled tomatoes
- ¼ oz Italian seasoning
- 2 (2 oz) feta ⁷
- 6 oz pasta shells ¹
- ¼ oz fresh parsley

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- sugar
- olive oil

TOOLS

- medium saucepan
- medium baking dish

ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 520kcal, Fat 16g, Carbs 77g, Protein 21g



1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third. Fill a medium saucepan with **salted water** and bring to a boil. Lightly grease a medium baking dish.

Finely chop **tomatoes** directly in can with kitchen shears. Finely chop **2 teaspoons garlic**.



2. Make sauce & bake

In prepared baking dish, stir to combine **tomatoes, chopped garlic, 1½ teaspoons Italian seasoning**, and **¼ teaspoon each of salt and sugar**. Season to taste with **pepper**.

Stack **feta** and nestle into middle of baking dish; lightly drizzle with **oil**. Bake on upper oven rack until tomatoes are bubbling and jammy, 25–30 minutes.



3. Cook pasta

Meanwhile, add **pasta** to saucepan with boiling **salted water**; cook, stirring occasionally to prevent sticking, until al dente, 9–11 minutes. Reserve **¼ cup cooking water**, then drain pasta and return to pot off heat.



4. Add pasta to sauce

Switch oven to broil.

Broil **sauce** until **feta** is browned in spots, 3–5 minutes more (watch closely as broilers vary). Carefully remove from oven. Add **pasta** and **reserved cooking water**; stir until evenly coated.



5. Slice parsley & serve

Pick **parsley leaves** from stems and thinly slice; discard stems.

Serve **baked feta pasta** with **parsley** sprinkled over top. Enjoy!



6. Turn up the heat

We all know and love a spicy vodka pasta, but have you tried spicy baked feta pasta? We thought not! Go ahead and sprinkle some red pepper flakes into the sauce in step 2.