

One-Pan Feta Chickpeas with Roasted Tomatoes and Herbs

If you're a fan of the viral baked feta trend, this



OVEN
400°F

TIME
30 min

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INGREDIENTS

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 block (7-8 oz) feta cheese ?
- 2 cups cherry tomatoes, halved ?
- 3 garlic cloves, minced ?
- 2 tbsp olive oil
- 1 tsp dried oregano
- ½ tsp red pepper flakes (optional)
- Salt and black pepper, to taste
- Fresh basil or parsley, for garnish ?

DIRECTIONS

1. Preheat the Oven: Preheat your oven to 400°F (200°C).
2. Prep the Bake: In a baking dish, combine:
3. Cherry tomatoes
4. Chickpeas
5. Minced garlic
6. Olive oil
7. Oregano
8. Red pepper flakes (if using)
9. Salt and pepper
10. Toss to coat everything evenly.
11. Add the Feta: Nestle the block of feta cheese right in the center of the dish. Drizzle the top of the feta with a little more olive oil.
12. Bake: Bake for 25-30 minutes, or until:
13. Tomatoes are bursting and jammy
14. Feta is golden on top and soft inside
15. Serve: Remove from the oven. Gently stir the feta into the chickpeas and tomatoes-you want some creamy blending and some chunks for texture.
16. Garnish with chopped basil or parsley, and serve warm.

TIPS FOR SUCCESS

- Use full-fat feta in brine for the best melting texture.
- Don't overmix-leave some feta chunks for flavor pockets.
- Add olives, capers, or a squeeze of lemon before serving.

For spice lovers, add extra chili flakes or a drizzle of chili crisp on top.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/one-pan-feta-chickpeas-with-roasted-tomatoes-and-herbs/>