

The Viral Baked Feta Pasta - But Better (Here's the Upgraded Version)

The Viral Baked Feta Pasta - But Better



OVEN
400°F

TIME
10 min

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INGREDIENTS

8 oz pasta (penne or fusilli work well)
1 block (8 oz) feta cheese
2 cups cherry tomatoes
4 cloves garlic, minced
2 cups fresh spinach
1/4 cup olive oil
1 tsp red pepper flakes (optional)
Salt and pepper to taste
Fresh basil for garnish

DIRECTIONS

- 1. Preheat the : Oven:** Preheat your oven to 400°F (200°C). This ensures that your feta and tomatoes roast perfectly, creating that delicious caramelization.
- 2. Prepare the : Baking Dish:** In a large baking dish, combine the cherry tomatoes, minced garlic, olive oil, red pepper flakes, salt, and pepper. Toss everything together until the tomatoes are well coated.
- 3. Add the : Feta:** Place the block of feta cheese in the center of the baking dish. Drizzle a little olive oil on top of the feta and sprinkle with additional salt and pepper.
- 4. Bake:** Bake in the preheated oven for 25 minutes, or until the tomatoes are bursting and the feta is golden and soft.
- 5. Cook the : Pasta:** While the feta and tomatoes are baking, cook the pasta according to package instructions until al dente. Reserve 1/2 cup of pasta water before draining.
- 6. Combine:** Once the feta and tomatoes are done, remove the baking dish from the oven. Add the cooked pasta and fresh spinach to the dish, mixing everything together. If the sauce is too thick, add a bit of the reserved pasta water to reach your desired consistency.
- 7. Garnish and : Serve:** Top with fresh basil and serve immediately. Enjoy the creamy, flavorful goodness!

TIPS FOR SUCCESS

Experiment with Cheese: While feta is traditional, try using goat cheese or ricotta for a different flavor profile.

Add Protein: For a heartier meal, consider adding grilled chicken, shrimp, or chickpeas to the mix.

Seasonal Vegetables: Feel free to add seasonal vegetables like zucchini or bell peppers for extra color and nutrition.

Make it Ahead: This dish can be prepared ahead of time and baked just before serving, making it perfect for gatherings.

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

Original recipe: <https://chefmaniac.com/the-viral-baked-feta-pasta-but-better-heres-the-upgraded-version/>