Baked Feta Keto Noodles

Servings	5
Preparation Time	25 Mins
Cooking Time	4 Mins
Total Time	29 Mins

Nutrition Information

Calories	285.60
Protein	11.00
Protein Serve	0.50
Carbohydrates	9.75
Fat	22.20

Ingredients

- 0.25 tsp Black Pepper
- 500.00 g Cherry Tomatoes
- 0.50 tsp Chilli Flakes
- 200.00 g Feta cheese (1 block, danish or greek)
- 4.00 clove Garlic (sliced)
- 1.00 tsp Italian Herb mix
- 65.00 ml Olive Oil
- 1.00 tsp Olive Oil
- 55.00 g Red onion (chopped into 8ths)
- 0.25 tsp Salt
- 4.00 medium Zucchini

Instructions

1. Preheat Oven to 200 °c (400 °F)
2. To a large baking dish, add in the cherry tomatoes, onion, and garlic. Pour over half the Olive oil and massage/stir through (leave 2 tsp aside for frying up zucchini noodles later).
3. Make a space in the middle of the dish for the feta block. Drizzle with remaining olive oil, and season with Italian herb mix, red chilli flakes, salt, & pepper.
4. Bake tomato and feta mix in the oven for 25-30 mins until the tomatoes are nicely roasted and the feta has a slightly caramelized top.
5. While it's baking, make zoodles using zucchini and a veggie spiralizer. Sauté in a pan on medium heat with olive oil for around a minute or a little less in a couple of batches until barely cooked and "al dente".
6. Remove Baking dish from the oven and stir through the melted feta until combined and creamy, then sprinkle chopped fresh basil. Toss through 'al dente' zucchini noodles and top with more fresh basil before serving immediately!