

SINCE 1838
Knorr

One-tin Veggie Bake with Feta



Ingredients

- 1 Knorr Vegetable Stock Cubes
- 300g spinach
- 200g pearl barley
- 150g cherry tomatoes
- 100g feta cheese
- 2 sweet potatoes cut into cubes
- 1 red onion cut into chunks
- 3 cloves of garlic
- 450ml water
- 1 tbsp olive oil
- 1 lemon

Method

- 1 Preheat the oven to 170°C fan/190°C/ gas 5.
- 2 In a roasting tin, mix together the pearl barley, vegetable stock, sweet potato chunks, cherry tomatoes, onion and garlic.
- 3 Cover the dish tightly with foil, then transfer to the oven and cook for 1 hour.
- 4 Remove the foil and stir in the spinach until wilted.
- 5 Sprinkle over the feta, then season to taste with the lemon juice and freshly ground black pepper.

