



# Feta Pasta

## Cooking

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### WHAT MAKES IT MEANINGFUL

Making feta pasta is not just a culinary activity; it's a hands-on experience that combines creativity, teamwork, and basic cooking skills to produce a delicious meal. This activity is meaningful because it introduces participants to the joy of cooking with fresh ingredients and allows them to explore flavors and techniques in a fun, interactive way. By following a simple recipe, participants learn about ingredient preparation, cooking times, and flavor combinations. The communal aspect of preparing and sharing a meal also fosters a sense of togetherness and accomplishment. Additionally, this activity can be an excellent opportunity for discussions about nutrition, meal planning, and the cultural significance of different dishes, making for a rich and engaging experience.

### TIME

The activity typically takes between 45 to 60 minutes, including preparation, cooking, and serving time.

### MATERIALS

- Feta cheese (about \$4-\$6 per block)
- Cherry tomatoes (about \$3-\$5 per pint)
- Pasta (e.g., penne or spaghetti, about \$2-\$4 per package)
- Garlic (about \$1-\$2 per bulb)
- Olive oil (about \$5-\$10 per bottle)
- Salt (about \$1 per container)
- Pepper (about \$2-\$3 per container)
- Dried herbs (e.g., basil, oregano, about \$2-\$4 per container)
- Parmesan cheese (optional, about \$4-\$6 per block)



## INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). In a baking dish, place a block of feta cheese in the center and surround it with cherry tomatoes. Drizzle olive oil over the feta and tomatoes, and season with salt, pepper, and dried herbs to taste.
2. Roast in the oven for about 20-25 minutes, or until the tomatoes are blistered and the feta is soft. While the feta and tomatoes are roasting, cook the pasta according to the package instructions until al dente. Drain and set aside.
3. Once the feta and tomatoes are done, remove them from the oven and mash the feta with a fork, mixing it with the roasted tomatoes. Combine this mixture with the cooked pasta, tossing until well combined. If desired, add grated Parmesan cheese and extra herbs for additional flavour. Serve warm.

## RESOURCES

<https://www.youtube.com/watch?v=Hb-W7VKvjpw>

## SUPPORTS NEEDED

- Ensure that there is adult supervision or guidance for handling hot ovens and sharp utensils.
- Provide clear instructions and demonstrations for each step of the cooking process.
- Consider having additional helpers or assistants available to support participants with varying cooking skills.

## OTHER THINGS TO NOTE

- Encourage participants to taste and adjust seasoning as they cook to suit their preferences.
- Be mindful of any food allergies or dietary restrictions, and offer substitutions as needed (e.g., dairy-free cheese).
- Ensure that all cooking surfaces and utensils are clean and properly sanitized before and after use.

