



FREGOLA

With tomatoes and basil

Recipe sourced from:

www.aforkandapencil.com/fregola-with-tomatoes-and-basil

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FREGOLA



Serves

2 people

Ingredients available at Mediterranean Foods

Ingredients

- 1 Tablespoon balsamic vinegar, plus more for dressing
- 1 Tablespoon olive oil
- Extra virgin olive oil, for dressing
- Sea salt flakes
- Freshly ground black pepper
- 75g (1/2 Cup) Fregola
- 150g Cherry tomatoes
- 1/2 Cup fresh basil leaves
- 1/2 Teaspoon dried oregano

Set your oven to 200°C (400°F). Cut the cherry tomatoes in half and arrange, cut side up, on a baking tray. Drizzle with balsamic vinegar and olive oil. Sprinkle with dried oregano, and season lightly with salt and pepper.

Put the tray in the oven for 30 minutes. Remove and let them come to room temperature. Cook the fregola in plenty of salted water. (check the packet for a recommended time.) Drain well, and spread out on a baking sheet with a fork, letting it cool down.

Cut the basil into ribbons by stacking some leaves, rolling them up tightly and slicing across.

In a roomy bowl, toss the fregola, the tomatoes and the juices on their tray and the basil together. Taste it, and adjust the seasoning with a little more balsamic vinegar, extra virgin olive oil, salt or pepper as required.

Scatter with some whole basil leaves, if you're in a garnishing mood, and serve at room temperature.



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