



Greek Bouyiourdi

Ingredients

- 3 large ripe tomatoes
- 1 garlic clove, crushed
- 200g block of feta cheese
- 1 large mild green chili or green pepper, thinly sliced
- 1 tsp oregano leaves, roughly chopped
- 4 tbsp olive oil
- Sea salt, to taste
- Warm pitta breads or keto bread, for serving

Instructions

Step 1 – Prepare the Tomatoes:

Cut one tomato in half, then slice two central rounds and set them aside for topping. Scoop out the seeds and discard the skin. Grate the remaining tomato flesh into a bowl. Repeat the grating process with the other two tomatoes. Mix the grated tomato with the crushed garlic and season with salt.

Step 2 – Assemble the Dish:

Preheat the oven to 200°C (180°C fan) or gas mark 6. Spoon the garlicky tomato mixture into the base of a 16cm baking dish. Nestle the block of feta in the center.

Step 3 – Add Toppings:

Top the feta with the reserved tomato slices, sliced chili or green pepper, oregano, and a generous drizzle of olive oil. Sprinkle with a pinch of sea salt.

Step 4 – Bake:

Cover the dish with foil or a lid and bake for 15 minutes. Then uncover and bake for another 15 minutes until the top is golden and bubbling.

Step 5 – Serve:

Serve hot, straight from the oven, with warm pitta or keto bread on the side for scooping and dipping.