



Saganaki with Honey & Oregano

With Aphrodite Kefalotyri

Serves: 2

Prep Time: 5 mins

Cook Time: 5 mins

Ingredients:

170g / 5oz Aphrodite Kefalotyri Saganaki, cut into 2 triangles

Plain flour for dusting

Extra virgin olive oil, for frying

4 sprigs oregano

¼ cup honey

juice of ½ lemon

Method:

(1) Rinse the Kefalotyri under cold water then coat with the flour. Shake off any excess flour.

(2) Cover the base of non-stick frying with the oil and place over medium heat, cook the cheese for 2 -

3 minutes on each side or until golden, adding the oregano sprigs in for the last minute.

(3) Remove the cheese and oregano and clean the pan.

(4) Return the pan to heat with the cheese and oregano, add the honey and lemon and cook for 1 - 2 minutes or until the honey is bubbling and the cheese is heated through.

(5) Squeeze the lemon over the top to serve.

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