

Treasure Barrel

Crispy Feta Rolls – Oven-Baked Delight

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Greek** Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz block feta cheese, cut into 1-inch sticks
- [ ] 1 cup all-purpose flour
- [ ] ½ cup cold butter, cubed
- [ ] 1 cup seasoned breadcrumbs
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp honey (optional)
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment.
2. In a bowl, rub the cold butter into the flour until the mixture resembles coarse crumbs.
3. Roll each feta stick in the butter-flour mixture, then dip in beaten egg, and finally coat with seasoned breadcrumbs.
4. Place the coated sticks on the prepared sheet, brush lightly with melted butter, and bake for 12-15 minutes until golden.
5. Remove from oven, drizzle with honey, sprinkle lemon zest, and serve warm.

Nutrition per serving

280 kcal	12 g	15 g	18 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If the coating looks dry, a quick mist of water before baking helps it adhere.
> - For extra flavor, add a pinch of smoked paprika to the breadcrumb mix.
> - Serve with a dollop of Greek yogurt seasoned with dill for a cool contrast.