

Feta, rosemary and hazelnut crunch

Serves 4

Takes 30 minutes

Ingredients

25g maple syrup

12g butter

50g hazlenuts, lightly broken

200g feta

2 sprigs rosemary, leaves plucked and chopped

6 tablespoons natural yoghurt

Olive oil for serving



Directions

Pre heat your oven to gas mark 4, 180°C, 350°F

Put the butter and syrup in a small saucepan over a low heat, stirring occasionally until the butter has melted and it's all started to sizzle. Remove from the heat, add the hazlenuts and mix thoroughly until well coated.

Put a piece of greaseproof paper on a baking sheet and spread the nut mixture out as widely as possible on here. Cook in the oven for 20 minutes, mixing them all up after 10 minutes. Keep an eye on them towards the end as they will burn easily, they should be slightly darkened. Once out of the oven, leave the nuts to cool, then break up any clumps.

In a bowl, mix the feta, yoghurt and rosemary with a fork, adding more yoghurt if you feel it's too thick, or not spreadable. When the nuts are cool, mix them in as well. Drizzle with olive oil to serve.

Nuts:

The maple syrup coated nuts from this recipe are fantastic just on their own. Perhaps a bit naughty, but perfect if you're going to watch a movie or have some friends over. They're very easy to prepare a batch and you can use any nuts – walnuts, pecans, cashews, almonds – they'll all work superbly, see what you've got hiding in the cupboard.