

Sun-dried tomato and rosemary polenta

Takes 1 hour, serves 2 and uses a pot, a baking sheet and chef's rings (optional)

INGREDIENTS

75g quick cook polenta

335g vegetable stock

2 sprigs of rosemary – leaves only, finely chopped.

6 sun-dried tomatoes, roughly chopped

For the topping:

2 sun-dried tomatoes, finely chopped

40g feta

A few twists of freshly ground pepper

1 sprig of rosemary - leaves only, finely chopped.

DIRECTIONS

Pre heat the oven to gas mark 8, 450°C, 232°C, 212°C fan.

Heat the polenta in a saucepan with the stock, bring to a simmer and lower the heat, then stir continually while it thickens. When it's come together in one large, soft lump, turn off the heat.

Add the sundried tomatoes and rosemary and mix them in well. Line a baking sheet with baking paper and divide the mixture in two. Form the two halves into shapes on the baking sheet by hand or with spoons (tricky, because it's very sticky) or use chef's rings to make them into circles. Remove the chef's rings before cooking.

Place in the oven and cook for 35 minutes.

Mix all of the topping ingredients together in a bowl. When the Polenta cakes are out of the oven, spoon the feta mixture over the top and serve. A simple salad would be a great accompaniment to this.

