

# FRIED FETA WITH SESAME & SPICY HONEY

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COOK TIME: 15mins

SERVES: 4

CALORIES: 257 kcal (PER SERVING)

## INGREDIENTS

### \*FRIED FETA AND SESAME CRUST

1 (7 ounces) block of feta  
3 tbsp all-purpose flour  
1 egg, beaten  
2 tbsp white sesame seeds  
1 tbsp black sesame seeds  
2 tbsp panko bread crumbs  
2 tbsp olive oil, for frying

### \*SPICY HONEY

5 tbsp honey  
1 tsp crushed chipotle pepper,  
or red pepper flakes  
½ tsp each: cumin seeds, salt  
1 tsp fresh thyme leaves  
1 tsp ground black pepper  
2 garlic cloves, grated  
1 tbsp lemon juice  
¼ cup olive oil

## DIRECTIONS

Prepare 3 shallow plates or bowls. Add flour into the first plate, crack the egg into the second and beat with a fork. Into the third plate, add the sesame seeds and panko, and give it a quick stir.

Pat the feta dry with a paper towel. First, dredge in flour, Then dip into the beaten egg. Finally, cover all over with the sesame seeds mixture. Set aside.

Add all spicy honey ingredients to a heat-proof bowl (except for the oil). Set aside.

Heat 2 tbsp olive oil in a nonstick skillet over medium and add feta. Fry the feta until nicely colored on all sides, 1-2 minutes per side. Reduce the heat, if needed. Transfer the feta to a serving plate.

In the meantime, heat the oil for the spicy honey until sizzling hot, about 1 minute. Carefully pour the hot oil over the prepared honey mixture.

Serve the feta immediately drizzled with spicy honey, when still warm. Enjoy with pita chips or some crusty bread.

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