



Fennel cheese patties in the oven

15'
Hands on

15''
Hands off

25'
Cook Time

10
Portion(s)

1
Difficulty



Method

We'd like to thank our member, Eleni Argiriou for this recipe!

- Heat the butter in a [pan](#) over medium heat. Transfer half to a bowl and keep the rest in the pan.
- Add the fennel, finely chopped spring onions and finely chopped onion. Mix with a wooden spoon and sauté. When ready, remove from heat and allow to cool.
- Crumble the cheeses with your hands and add to a [bowl](#). Add the eggs and the sautéed fennel mixture.
- Season with salt and pepper. Add 150 g of the semolina. Mix and add the rest if necessary. Mix with a spoon until you have created a porridge-like mixture.
- Cover with plastic wrap and refrigerate for 15 minutes, until the mixture thickens.
- Preheat oven to 180* C (350* F) Fan.
- Spread some of the reserved melted butter on your hands and shape the mixture into ball that is 35 g each. Press it in the center with your palm to flatten it out a little. Spread some melted butter on your hands and repeat the same process with the rest of the mixture, making sure to spread a little butter on your hands before making another patty.
- Transfer fennel patties to a [baking pan](#) lined with parchment paper, leaving enough space in between them.
- Bake for 20-25 minutes, until golden.
- In a bowl, combine the yogurt, fennel, lemon juice, salt and pepper to make a dipping sauce.
- Add the olive oil and serve with fennel cheese patties.

Ingredients

- 160 g butter
- 50 g fennel leaves, finely chopped
- 3 spring onions, finely chopped
- 1 onion, dry, medium, finely chopped
- 100 g feta cheese
- 100 g anothyro cheese
- 2 eggs, medium
- salt
- pepper
- 150-180 g semolina, coarse

To serve

- 200 g strained yogurt
- 1 tablespoon(s) fennel leaves, finely chopped
- lemon juice, of 1 lemon
- salt
- pepper
- 1 tablespoon(s) olive oil

Διατροφικός πίνακας

Nutrition information per portion

241 Calories (kcal)	16.0 Total Fat (g)	9.1 Saturated Fat (g)	16.0 Total Carbs (g)
12%	23%	46%	6%
2.5 Sugars (g)	8.8 Protein (g)	1.0 Fibre (g)	0.56 Sodium (g)
3%	18%	4%	9%