



THE WAY

THE WAY WEEKLY UPDATE I
FRIDAY 23 JULY 2021



COOK WITH MRK

Our MRK staff have been busy cooking up a storm in their kitchens so you can take a break from the computer and get cooking too!

This week's recipe is a cheese pita that requires just 5 minutes of preparation.

Recipe

Ingredients:

300g Filo Pastry

500g feta cheese or Ricotta

2 eggs

Salt

50ml oil

180g sour cream

200ml mineral water

Method:

Tear the filo pastry into shreds

Mix all the ingredients together

Pour the mixture into an oiled oven proof tin

Bake in a 200 deg celsius oven for 45 minutes or until golden brown

We would love to see your finished product. Share it with us by emailing community@thac.nsw.edu.au

If you have a favourite family recipe you would like to share please send either a video of it being prepared or some photos and the recipe.

Don't forget to check back next week for a new recipe to try! The recipes will stay [available on our website](#).
