



Pumpkin, Spinach & Fetta Rolls

(For small group)

Scales
Knives
Grater
Chopping Board
Baking Tray
Pastry Brush
Teaspoon (tsp)
Tablespoon (tbsp)
Bowl

Ingredients

- 250g pumpkin
- 30ml (2 tbsp) olive oil
- 1 small brown onion, diced
- 1 clove garlic, crushed
- 80g g Baby Spinach leaves
- 50g Greek-style feta, crumbled
- 50g Tasty Cheese, grated
- 3 sheets frozen puff pastry, thawed
- 1 egg, beaten
- 1tbsp sesame seeds

Method

1. Preheat oven to 220°C (200°C fan-forced). Peel pumpkin and remove seeds, then grate pumpkin, roughly chop spinach, chop onion & crumble feta.
2. Heat remaining oil in a fry pan. Saute onion and garlic over low heat for five minutes. Add grated pumpkin and cook until beginning to soften, stirring often, until well combined. Stir through feta, spinach & grated cheese. Season well with salt and pepper.
3. Cut each pastry sheet in half to create four strips. Place 1/4 of the pumpkin mixture along the length of each strip. Brush one long edge with beaten egg. Starting with the unbrushed side, roll and seal. Repeat with all the pastry. Transfer the rolls, seam-side down, to a tray lined with baking paper. Brush with egg and sprinkle with sesame seeds.
4. Bake for 25-30 minutes until puffed and golden.

(Chopped chorizo or salami makes a tasty extra ingredient.)

