



Spinach Puffs

Equipment

Measuring spoons

Cutting board

Knife

Frying pan

Baking Tray

Mixing bowl

Ingredients

1 large bunch of spinach

1 onion, finely diced

2/3 cup grated Parmesan

cheese

1 tbsp olive oil

1 tbsp fresh herbs

3-4 garlic cloves, minced

salt and black pepper

3 large eggs

3 sheets puff pastry

What to do

Task 1 : Prepare ingredients

Wash and dry the spinach and fresh herbs. Remove the thicker, tougher pieces of stem from each spinach leaf and tear or chop the leaves into pieces. Dice the onion and finely chop the fresh herbs.

Task 2 : Cook

Cook the diced onion in a large pan over medium heat for about ten minutes, stirring occasionally add spinach and cook until the leaves have begun to wilt and are tender. Allow to cool, off the heat, for about ten minutes. In a large bowl, combine the spinach, onion, cheese, olive oil, fresh minced herbs and a little salt and pepper. Set aside. Beat eggs and add almost all of them to the cooled spinach mix. Save a small amount of egg mixture to brush the pastry tops.

Task 3 : Prepare for baking

Cut puff pastry into 3 equal strips. Cut each of those into 3 squares for a total of 9. Repeat with second sheet of pastry. Line a baking tray with baking paper. Place the squares a bit apart from each other on the tray. Divide filling among squares, leaving some space to fold back the corners. Bring the corners of the pastry together, pinching them together over the filling.

Task 4 : Bake

Preheat oven to 200°. Beat remaining egg in a small bowl and brush over the pastries. Bake until the puffs are golden brown and have puffed up, about 20 minutes. Transfer to a wire rack; let puffs cool in pan for 10 minutes. Use a sharp knife to loosen the puffs from the edges and turn onto to rack to finish cooling.

