



Spinach and Feta Parcels

Culinary Love Recipe

Ingredients

- 2 Sheets of flaky puff pastry
- 100g feta cheese, crumbed
- 135g frozen spinach, thawed and drained
- 1 small to medium onion, finely chopped
- 1 tablespoon of chopped parsley
- 1 egg
- 1/4 cup of parmesan cheese, grated
- 1/2 teaspoon of garlic, minced or crushed

Method

1. Thaw pastry sheets at room temp.
2. In a bowl, gently mix Feta, Spinach, Onion, Parsley, Egg, Parmesan and Garlic.
3. Cut each sheet of pastry into 4 squares, place 1 TBS of mix in the centre of each square. Brush the edge with milk and fold pastry to make a triangle. Crimp edge to seal.
4. (It takes hours to make all the triangles, so if I'm low on time I just place the Spinach mix in the center of 1 full sheet of pastry and fold both sides over to make a log. I also add thin slices of tomato on the top of the spinach mix before I close the pastry - helps to sneak it into the kid's diets)
5. Place on baking tray and brush lightly with milk.
6. Bake at 200 degrees Celsius for 15-20 minutes or until golden.

Cooking Tip

To avoid burning, keep turning the pastries every 5 - 10 minutes or so. While the top may look uncooked, the bottom can brown quite fast.

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