

SPINACH, KALE & FETA ROLLS



INGREDIENTS

6 big leaves spinach, finely sliced
4 eggs, lightly beaten
200g feta cheese, crumbled/chopped
½ cup pine nuts
big handful kale leaves, finely sliced
lots of pepper, a little salt
1 small onion, finely diced
2 cloves garlic, finely diced
½ cup brown rice crumbs
4 sheets puff pastry
milk to baste

PREPARATION

- * Pre-heat oven to 200-220°C (depending on how hot your oven gets)
- * Line 2 baking trays with baking paper or foil
- * If using frozen pastry, take it out of freezer to defrost
- * Put a full kettle on to boil

PREPARATION TIME: 15 MINS
COOKING TIME: 20-25 MINS
MAKES: 12 MEDIUM SIZED ROLLS

METHOD

1. Place chopped spinach and kale in a heatproof bowl and pour over boiling water until just covered. Set aside for 5 minutes.
2. Saute garlic and onion until fragrant and translucent.
3. Place pine nuts, eggs, feta, onion, garlic, salt & pepper into a bowl.
4. Drain spinach and kale, squeeze out as much water as possible.
5. Add greens & rice crumbs to egg mixture, mix until well combined.
6. Evenly spread mixture onto the middle of each sheet of pastry in a long fat sausage shape.
7. Brush the inside length edge of pastry with milk.
8. Roll up pastry quite tightly and press together firmly.
9. Cut into thirds almost through to the bottom, poke a few little slits into top, brush with milk and place on baking trays.
10. Bake for 20 mins or until browned and crispy.
11. Serve warm and enjoy on their own or with a garden salad.

VARIATIONS & TIPS

- * Omit onion and garlic for a quicker version
- * Make smaller rolls with half sheets of pastry, less filling and more segments cut (can also make into pasty shapes)
- * Easily made gluten free by using gluten free puff pastry

STORAGE, REHEATING & LEFTOVERS

- * Freeze in airtight containers for lunches or quick dinners
- * Defrost to room temperature or in microwave and reheat in oven to crisp up pastry

NOTE

Always look for organic ingredients to be sure you are avoiding additives. Check the label carefully to ensure there are no nasties in your ingredients.