



SPINACH AND FETA PARCELS

Class recipe

Ingredients

1 spring onion, sliced – Student 1
Small pile spinach, chopped – Student 2
 $\frac{1}{2}$ carrot, grated – Student 3
1 piece fetta cheese, chopped – Student 4
 $1\frac{1}{2}$ cup ricotta – Student 5
 $\frac{1}{2}$ cup tasty cheese – Student 5
Pinch nutmeg
Pinch black pepper
3 pieces puff pastry, $\frac{1}{2}$ piece per student
Milk for sealing and glazing



Method:

1. Children to chop their ingredient
2. All chopped ingredients to be placed in large blue bowl
3. Add cheeses and sprinkle with a little nutmeg and pepper
4. Stir mixture and set aside
5. Cut strip of pastry in half and place a spoonful of the mixture into the corner of their pastry.
6. Dab edges with a little milk and fold over.
7. Brush top of pastry with a little milk and using a fork crimp the edges.
8. Place on lined tray for baking
9. Staff to bake in hot oven (180°C) for 10–15 minutes or until golden.
10. Allow to cool and enjoy!

