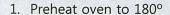
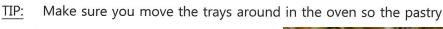
MINI PUMPKIN PIES

- * 1kg pumpkin
- * 6 eggs
- * 400g feta / danish cheese.
- * 4 tbsp grated parmesan
- * 4 tbsp sour cream
- * 2/3 cup red capsicum
- * small tub pitted kalamata olives
- * 4 stalks spring onion
- * 6 sheets of puff pastry



- 2. Lay out pastry sheets to thaw
- 3. Chop pumpkin in to 1cm cubes
- 4. Wash and chop spring onion and capsicum
- 5. Cut feta into cubes
- 6. Place eggs in a large bowl and fork beat, then add parmesan, sour cream, feta, olives, spring onion, capsicum & pumpkin. Mix well,
- 7. Once pastry has thawed, cut into quarters
- 8. Gently lay pastry into muffin trays, pushing them into shape
- 9. Fill each pastry 3/4 full with mixture.
- 10. Bake for 20mins until mixture is cooked through or golden brown



cooks through.





use chopped spinaich
sauted in 1 tablespoon
of oil,
and 2 onions
finely chopped.

