



Savoury Filo Parcels

Ingredients

Cheddar cheese 2 cups

1 Red Capsicum, diced

1 onion, diced

1 cup Rocket, washed and sliced

1 cup of spinach, washed

1 tsp Paprika (sweet)

Salt and pepper

2 eggs

1 Tbl Tomato paste

1 tsp sugar

2 tsp soy sauce

Filo Pastry 2x sheets per child

Method

1. Set the oven to 200oC and line 3 shallow oven trays with greaseproof paper.
2. Dice the onion finely, wash and slice the rocket and spinach and mix in a big bowl with cheese and paprika. Dice the red capsicum and add to the mix.
3. In a smaller bowl mix the egg with tomato paste, sugar and soy sauce. Mix into the cheese mixture. Add a little salt and pepper
4. Melt half a block of butter and using a pastry brush spread onto the first filo sheet. Take another sheet and layer onto it then spread a little more butter. Make sure to reach the corners.
5. Cut the filo into quarters. Spoon some of the filling onto the centre of each square and fold the edges over to wrap like a parcel.
6. Brush a little more butter if necessary to make edges stick.
7. Spread the parcels onto the trays and cook for 15 mins or until golden.