



Great School Food you can enjoy at home

Recipe

Spinach & Feta Whirl



Ingredients

25ml Vegetable Oil
100g Onions (finely chopped)
1 clove of Garlic (crushed)
250g Frozen Spinach
2 Eggs (beaten)
1 Red Pepper (diced)
200g Feta Cheese
1 Large Frozen Pastry Sheet

Method

1. Gently fry off onions & garlic
2. Thaw & drain spinach
3. Beat eggs (keep some for egg wash)
4. Combine onions & garlic, spinach, eggs, red pepper.
5. Crumble feta cheese into the mixture and season
6. Spread out over pastry sheet
7. Roll up like a Swiss Roll
8. Cut into portions. Egg wash each whirl
9. Bake on a lined tray until risen & golden brown

Allergens

Contains: Cereals inc. Gluten, Egg
May Contain: Celery, Soya

My Notes

Makes 4 Whirls
Suitable for Vegetarians



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