



In the Kitchen with Primary Students

SPINACH STUFFED PASTRY

FRESH FROM THE GARDEN: Spinach



Lemons



Blueberries



Tomatoes

Ingredients

2 sheet puff pastry, thawed
2 cups fresh spinach, chopped
1 cup ricotta cheese
 $\frac{1}{2}$ cup grated Parmesan cheese
1 egg beat (for egg wash)
1 teaspoon garlic powder
Salt and pepper to taste
1 tablespoon olive oil

Method

1. Preheat the oven to 220°C.
2. Line a baking tray with baking paper.
3. In a large skillet, heat the olive oil over medium heat. Add the chopped spinach and cook until wilted, about 2-3 minutes. Remove from heat and let it cool slightly.
4. In a medium bowl, combined the cooked spinach, ricotta cheese, Parmesan cheese, garlic powder, salt and pepper. Mix well.

- 5.** Roll out the puff pastry sheets on a lightly floured surface. Cut each sheet into 4 squares (you should have 8 squares in total).
- 6.** Place a spoonful of the spinach and cheese mixture in the centre of each square.
- 7.** Fold the pastry over to form a triangle and press the edges with a fork to seal. Transfer the pastries to the prepared baking tray.
- 8.** Brush the tops of the pastries with the beaten egg for a golden finish.
- 9.** Bake in the preheated oven for 15-20 minutes, or until the pastries are puffed and golden brown.