

IF YOU WASTE LESS FOOD YOU SAVE MORE MONEY

SUPER VEGGIE STRUDEL

V

- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- Olive oil
- 2 – 3 cups chopped vegetables, such as half a butternut squash, carrots, pepper, courgette, cauliflower
- Salt and pepper
- Fresh parsley or any other herbs you have, finely chopped
- 150g cheddar, grated, or any other cheese you have, try feta or goat's cheese
- 500g block of puff pastry (defrosted if frozen)

Preparation time:

30 minutes

Serves 8

Per100g:

Energy 1020kJ/245kcal

Protein 4.8g

Carbohydrate 20.1g

Fat 16.1g

METHOD

1. Fry the onion and garlic in some olive oil.
2. Add the vegetables and fry until half-cooked.
3. Drain off any liquid and then add salt and pepper, herbs and cheese. Mix well.
4. Preheat the oven to 190°C (gas mark 5).
5. Roll out the pastry to about ½ cm thick and lay it so that it is half-covering a baking tray.
6. Place the filling on the pastry, on the side that covers the baking tray.
7. Cover the filling with the remaining half of the pastry and seal the edges.
8. Pierce the top of the strudel with a fork and glaze with some olive oil or beaten egg.
9. Bake in the oven for 45 minutes.

Top tip: This recipe is also nice when made as smaller individual pasties.

