

Beetroot and herby cheese parcels

Makes 12



Ingredients (allergens in bold)

- 100g beetroot – boiled and diced
- 75g new potatoes – boiled and diced
- 100g **cream cheese**
- 1 tablespoon parsley – finely chopped
- 1 tablespoon chives – finely chopped
- 4 spring onions – finely chopped
- ground black pepper
- 1 packet **Filo pastry** – defrosted, if frozen and cut into sheets measuring 30x20cm
- 3 tablespoons sunflower oil – for brushing

Method

1. Heat the oven to 200°C/Gas 6.
2. Put the cream cheese in a mixing bowl and beat with a wooden spoon until soft. Add the diced potato, beetroot, herbs and spring onions. Season with black pepper and gently mix all the ingredients together.
3. Keep the filo pastry sheets covered with a damp tea-towel and work with 1 at a time.
4. Brush a sheet of filo with a little sunflower oil. Place a tablespoon of the mixture on to the corner of the filo rectangle which is closest to you. Fold the filo in half along the length, to form a long, thin rectangle, then fold the pastry up and over a few times to make a triangle shape that seals-in the filling.
5. Place the triangular parcels on the baking tray. Brush with vegetable oil. Bake for 15 minutes until golden brown.



Equipment

- two saucepans
- wooden spoon
- chopping board
- sharp knife
- mixing bowl
- tablespoon
- teaspoon
- pastry brush
- dessertspoon
- baking tray

Recipe notes and tips

- Filo pastry is delicate. Take care when unrolling it. Remember to keep it covered to prevent it drying out and becoming too brittle to use.
- Use a 'light' cream cheese to reduce the energy and fat content.
- These parcels are best eaten freshly baked.