

Makes 10

## Ingredients

- 250g frozen spinach
- 2 spring onions or ½ a brown onion
- 200g reduced-fat ricotta cheese
- 60g reduced-fat feta cheese
- ¼ cup parmesan cheese
- 1 clove garlic
- 2½ sheets reduced-fat puff pastry
- 1 egg



## Method

1. Preheat oven to 180°C and line 2 baking trays with baking paper.
2. Thaw spinach and squeeze out excess moisture. Roughly chop spring onions.
3. Beat egg and set aside.
4. Add spinach, ricotta, feta, parmesan, spring onions and garlic to a food processor. Process on high for 1 minute or until all ingredients are well combined and the mixture is smooth.
5. Cut pastry sheets in quarters. Place 2-3 tablespoons of the mixture down the centre of the pastry sheets. The mixture should resemble a log shape.
6. Using a pastry brush, lightly brush the egg down one edge of the pastry sheet. Roll up to enclose filling and brush the top with the remaining egg.
7. Bake for 25-30 minutes or until golden.

NUTRITION INFORMATION		
Servings per recipe: 10		
Average serving size: 104g		
	Per serve	Per 100g
Kilojoules (kJ)	820	789
Protein (g)	9.5	9.2
Total fat (g)	8.8	8.4
- Saturated fat (g)	5.2	5.0
Carbohydrates (g)	18.3	17.6
- Sugars (g)	1.1	1.0
Fibre (g)	1.5	1.5
Sodium (mg)	313	301

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines