

Spinach Scrolls



Season: All seasons

Serves: 30 tastes in the classroom or 6 at home

Dark green leafy vegetables are high in iron and antioxidants. They contain a large variety of vitamins and minerals.

Equipment:

- Chopping board
- Sharp knife
- Mixing bowl
- Oven tray
- Baking paper

Ingredients:

- Puff pastry (GF available)
- Spinach or silverbeet leaves
- 1 cup cheese (DF available)
- 1 teaspoon garlic
- 1/2 cup plain flour (GF available)
- Olive oil
- Pink Himalayan salt
- Black pepper
- Chives
- Parsley
- Kale (if available)

What to do:

1. Preheat oven to 200°C
2. Wash spinach and silverbeet (and kale) well to remove any dirt.
3. Finely chop and place into bowl of hot water for 5 minutes.
4. Remove from water and squeeze out excess water.
5. Place into mixing bowl and add garlic and cheese—mix well until combined. Add flour and combine.
6. Place baking paper on oven tray.
7. Spread spinach mix on to pastry sheet in a thin layer.
8. Roll tightly and cut into 1-2cm thick scrolls (enough for each person you are serving)
9. Spread on to baking tray with a space between each scroll.
10. Bake for 20 minutes or until cooked and crispy.