

BUTTERNUT, FETA & RED ONION PUFFS



MINUTES TO PREPARE
10



MINUTES TO COOK
45



SERVES
2



INGREDIENTS

1/2 butternut squash, peeled and diced small
2 red onions, peeled and finely sliced
1 tablespoons rapeseed oil
2 cloves garlic, peeled and chopped
1 sprig rosemary, finely chopped
1 handful green beans, finely chopped into rounds
1/2 teaspoon ground cinnamon
1/2 teaspoon turmeric
1/2 teaspoon sumac
1/4 teaspoon ground ginger
1 tablespoon pine nuts
100g feta, crumbled
Zest of 1/2 lemon
280g rolled puff pastry (I use gluten-free)
1 egg, beaten
1 tablespoon pumpkin seeds
Salt and pepper

You will need a large frying pan, roasting tray, baking paper and a pastry brush.

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 In a large frying pan, heat the oil over a medium heat and add in the butternut and red onion slices. Cook over a low to medium heat for 10 minutes, until the butternut and onions have softened.
- 3 Add the garlic, rosemary, spices, pine nuts and sliced beans and stir for a further 3 minutes.
- 4 Season with salt and pepper and leave to cool for 10 minutes.
- 5 Line the roasting tray with baking paper. Lie out your pastry and cut into 4 equal rectangles. Add the feta and lemon zest to the butternut mix and stir well.
- 6 Place a large pile (approximately 2 tablespoons of the mixture) in the middle of each triangle. Carefully over to create a triangle, pushing in any lost vegetables. Fold over any loose sides and pinch the edges with a fork. This can get quite messy, but it will look better when it's cooked!
- 7 Brush the puff triangle with the beaten egg and scatter over the pumpkin seeds equally.
- 8 Place in the oven for 20 minutes or until golden brown. Serve on their own or with a green leaf and tomato salad.

"These little badgers are brilliant for lunch or dinner. You can make the puffs and freeze them before cooking, so they are great to make a batch, freeze, and then pull them out as and when you need them. Don't worry if they fall apart a little as you fold over the pastry. You can see mine have! They remind me of an adult, aromatic, veggie, healthful version of a sausage roll or a samosa. Whichever way, they are insanely good!"