



## Pumpkin and cheese filo rolls

Makes: 6

Adapted from: [nzwomansweeklyfood.co.nz](http://nzwomansweeklyfood.co.nz)



### Ingredients

6 sheets filo pastry  
Olive oil – spray  
500g pumpkin diced 1cm dice  
1 small onion, diced  
1 clove garlic, crushed  
1 tablespoon olive oil  
1 cup tasty cheese, grated  
100g feta cheese, crumbled  
¼ cup chopped fresh herbs from the garden  
1 tablespoon diced sun dried tomatoes  
2 tablespoons dried breadcrumbs  
Salt and pepper to taste  
  
1 egg, beaten  
Rosemary to sprinkle

### Equipment

1 baking dish covered with baking paper  
2 x Oven trays covered with baking paper  
Frying pan  
Measuring scales  
Measuring cups and spoons  
Wooden spoon  
Mixing bowl

### What to do:

- Pre heat oven to 190 degrees
- Peel and chop pumpkin into 1cm diced pieces
- Scatter onto the baking dish, spray with olive oil, season with salt and pepper and bake for 15 minutes or until just soft, allow to cool
- Meanwhile cook the diced onion and crushed garlic in a frying pan on 1 tablespoon of olive oil. Cook until the onion is translucent, remove from the pan and cool
- In the mixing bowl combine cheeses, herbs and breadcrumbs, add the cooled onion and garlic. Then add the cooled pumpkin & tomato stir gently to combine
- Place one sheet of filo on your bench, spray gently with olive oil spray
- Fold in ½ short side to short side
- Place 1/3 of the filling along what is now the short side, Fold over the short sides and roll up encasing the filling until you have a log
- Repeat with the rest of the filo and filing
- Brush with beaten egg and a scatter of rosemary leaves
- Bake for 10 – 15 minutes or until golden and crispy, serve