

# ***Spinach and Cheese Turnovers***

**(between 2)**

## **Ingredients**

60gms frozen spinach (thawed) or 2 cups fresh spinach

35g ricotta cheese

35g feta cheese - crumbled

1 sprigs flat-leaf parsley – chopped

½ t lemon juice

1 sheets frozen puff pastry

Salt and pepper to taste

1T milk



## **Equipment**

Baking Tray

Baking Paper

Knife

Pastry Brush

Bowl

Paper Towel

## **Instructions**

1. Preheat oven to 180deg.C

### **Frozen Spinach**

2. Make sure spinach is defrosted. Squeeze the excess liquid out of the spinach using paper towel.

### **Fresh Spinach**

3. In a large pot, heat the olive oil on medium heat for 1 minute. Add fresh spinach leaves and cook for 3-4 minutes.
4. Drain extra water/oil from the spinach using paper towel.
5. Place spinach in a large bowl
6. Crumble feta cheese into the bowl with the spinach.
7. Add the ricotta cheese and lemon into the bowl.
8. Chop up the two sprigs of parsley.
9. Cut each pastry sheet into 4 pieces ( even squares).
10. Place one heaped tablespoon of mixture on each square. Brush edges with a little milk and fold over to enclose filling. Press edges with a fork to seal.
11. Repeat with remaining mixture and pastry
12. Place turnovers on lined oven trays and brush lightly with milk
13. Bake uncovered in the oven for about 15 minutes or until lightly browned.