

Fantastic Feta Parcels

Ingredients

- 8 sheets filo pastry (chilled)
- ½tsp Middle Eastern spice mix e.g. Bart Baharat (not essential)
- Olive oil
- 180g cooked beetroot
- 235g pack of Moroccan couscous salad (chilled)
- 50g feta cheese, cubed
- 1tsp cumin seeds
- Baby leaf salad, dressed to serve

Makes approximately 12 small parcels

Method

1. Preheat the oven to 200°C (gas mark 6).
2. Cut the roll of pastry sheets into three long strips and set the other piles aside. Lay one strip of the filo pastry out on a flat surface. Stir the spice mix into the olive oil. Brush a little of the flavoured oil sparingly over the edges of the sheet.
3. Cut the beetroot into small chunks and place in a bowl. Add the couscous, feta and seasoning and mix to combine. Put a teaspoon of this mixture in the bottom corner of the pastry.
4. Tuck the long edges of the pastry in to enclose the ends of the beetroot mixture, then start folding corner to edge from the end of the pastry strip to make a triangular parcel (like a samosa). Brush the seam with oil to seal. Place onto a non-stick baking tray. Brush the top of the pastry with a little more oil and scatter some cumin seeds over the top.
5. Repeat with the remaining ingredients to make further parcels. Place in the oven and bake for 10-15 minutes or until golden brown and crisp. Serve with the dressed salad leaves and a minted yoghurt dip.

