Pumpkin, spinach and cheese rolls
Makes: 24

Equipment:
Knife and chopping board
Vegetable peeler
Frypan
Spatula
Grater
Pastry brush
Baking tray and baking paper
Tablespoon measure
Scales

Ingredients:
500g pumpkin
2 Tablespoons olive oil
1 brown onion, diced
1 clove garlic, crushed
250g spinach
200g cheese, grated
3 sheets frozen puff pastry, thawed
1 egg, beaten
1 Tablespoon sesame seeds
salt and pepper
What to do:

• Preheat oven to 200°C (180°C fan-forced).
• Peel pumpkin and remove seeds, then cut into 1.5cm cubes.
• Toss pumpkin in 1 Tablespoon of the olive oil then spread in a single layer on a baking tray and bake for 20 minutes.
• Chop the onion and crush the garlic.
• Heat remaining oil in a fry pan and sauté onion and garlic over low heat for five minutes.
• Wash, dry and chop spinach, then add to frypan and cook for 10 minutes, stirring often, until wilted and well combined.
• Stir through the baked pumpkin and grated cheese. Season well with salt and pepper.
• Increase oven temperature to 220°C (200°C fan-forced).
• Cut each pastry sheet in half to create six strips.
• Place 1/6 of the pumpkin mixture along the length of each strip.
• Brush one long edge with beaten egg, then starting with the unbrushed side, roll and seal.
• Repeat with all the pastry.
• Transfer the rolls, seam-side down, to a tray lined with baking paper. Cut each roll into quarters
• Brush with egg and sprinkle with sesame seeds.
• Bake for 25-30 minutes until puffed and golden.