

MUSHROOM, SPINACH & LENTIL STRUDEL



QUICK

15 minutes
prep time plus
cooling and
cooking time

HEALTHY

Mushrooms contain protein & fibre. They also contain B vitamins and selenium, which helps to support the immune system and prevent damage to cells and tissues.

FAMILY



Feeds 5

MEALS

Serve with a
green salad or
fresh vegetables

INGREDIENTS

- 1 x 400g cooked lentils
- 1 tsp ground coriander
- 1 tsp ground cumin
- 250g spinach
- 300g mushrooms
- 3 garlic cloves
- 2 onions
- 70g pine nuts
- 1 egg for glazing
- 1 x 320g pack ready to roll puff pastry
- S&P
- 10 g black sesame seeds
- Flour for dusting
- 1 tbs oil

METHOD

- 1) Put the oven on to 180°C
- 2) Dry fry the pine nuts in a large frying pan – keep your eyes on them because they burn easily
- 3) Whilst they're toasting, dice your onion
- 4) Heat 1 tbs oil in the frying pan and add the cumin and coriander, cook whilst you....
- 5) Roughly chop your mushrooms
- 6) Add the onions to the spices and the garlic
- 7) Add the mushrooms and cook for a few minutes
- 8) Stir in the spinach till it has wilted
- 9) Add the lentils and pine nuts and mix
- 10) Taste – add salt if needed
- 11) Leave to cool
- 12) Beat your egg
- 13) Flour your surface, roll out your pastry. Fill with the mixture, roughly in the middle but leaving space at the edges (if you're not sure, watch the video on my website to see how its done)
- 14) Fold up the bottom of the pastry, egg the top and sides
- 15) Fold in the sides and roll over to make a closed parcel.
- 16) Fold it over so the seal is at the bottom
- 17) Brush with egg then sprinkle with sesame seeds
- 18) Cook in the oven for 25-30 mins at 180°C

