

Pear Leek and Smoked Cheese Parcels

INGREDIENTS:

- 1 tablespoon sunflower oil
- 25g leek finely chopped
- 25g cooked salad potatoes
- 200g smoked cheese cubed
- 3 sheets filo pastry
- 1 teaspoon poppy seeds
- 1/4 pear finely chopped
- Makes 3 parcels

DIRECTIONS:

1. Preheat the oven to 375° F, Gas mark 5, 190°C
2. Fry the leeks until soft
3. When the leek mixture is completely cold stir in the cheese, potato and pear
4. Cut the pastry into strips about 16cm by 30cm. Brush each strip with oil. Have the short side of the pastry at the bottom and place a 1/3 of the mixture in the bottom right hand corner and fold.
5. Place the triangles on a greased baking tray and brush with remaining oil. Sprinkle with the poppy seeds. Bake for 10 minutes. Remove from oven and cool on a wire rack.



Always remember to supervise children during cooking activities

