



Goat's Cheese, Walnut & Caramelised Onion Filo Parcel with Asparagus, Herby Sweet Potato and Creamed Spinach

Premium 50 Minutes • 3 of your 5 a day • Veggie

31



Filo Pastry



Red Onion



Sweet Potato



Asparagus



Garlic Clove



Walnuts



Dried Oregano



Balsamic Vinegar



Goat's Cheese



Honey



Baby Spinach



Crème Fraîche

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Tea Towel, Frying Pan, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press) and Two Baking Trays.

Ingredients

	2P	3P	4P
Filo Pastry 13 **	½ sheet	¾ sheet	1 sheet
Red Onion**	2	3	4
Sweet Potato**	2	3	4
Asparagus**	1 large pack	2 small packs	2 large packs
Garlic Clove**	1 clove	2 cloves	2 cloves
Walnuts 2	1 small pot	1 large pot	1 large pot
Dried Oregano	1 small pot	1 large pot	2 small pots
Balsamic Vinegar 14	2 sachet	3 sachets	4 sachets
Goat's Cheese 7 **	1 roll	1½ rolls	2 rolls
Honey	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	2 small bags
Crème Fraîche 7 **	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	719g	100g
Energy (kJ/kcal)	3602/861	501/120
Fat (g)	35	5
Sat. Fat (g)	18	2
Carbohydrate (g)	111	15
Sugars (g)	38	5
Protein (g)	26	4
Salt (g)	1.24	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut **7)** Milk **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Started

Preheat your oven to 200°C. Remove the **filo pastry** from the fridge and bring it to room temperature (see ingredients for amount of pastry you need), remove from the packet and lay flat on the counter covered with a damp tea towel. Halve, peel and thinly slice the **red onions**. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry until really nicely softened, 10-12 mins. While the **onion** is cooking, chop the **sweet potato** into 2cm chunks (no need to peel). Trim the ends from the **asparagus**. Peel and grate the **garlic**, roughly chop the **walnuts**.



Bake!

Add a spoonful of **caramelised onions** to the middle of the **pastry star** (make sure you divide equally!), top with 3 slices of **goat's cheese**, a drizzle of **honey** and and finish with a handful of **walnuts**. Draw up the edges and scrunch the top to make a 'teardrop' shaped parcel. Place on a baking tray. Repeat for the other **parcel(s)** - 1 per person. Drizzle some **oil** over the **parcels**. Transfer the **sweet potato** to the middle shelf of your oven and bake the **parcels** on the top shelf of your oven until golden, 15-20 mins.



Roast the Potatoes

Pop the **sweet potato** chunks on a large low sided wide baking tray. Drizzle with **oil**, then sprinkle over the **dried oregano** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



Bake the Asparagus!

Halfway through the parcel cook time, add the **asparagus** to one side of the sweet potato tray, drizzle with **oil** season with **salt** and **pepper** and toss to coat. Pop back in your oven to roast until tender, 8-10 mins. Meanwhile, pop your empty frying pan back on medium heat (no need to wash) and add the **baby spinach**. Season with **salt** and **pepper** and add a splash of **water**. Stir-fry until wilted, 2-3 mins, then stir in the **garlic** and cook for 1 minute. Add the **crème fraîche**, stir together and cook until the **crème fraîche** is piping hot. Remove from the heat.



Start the Parcels

Once the **onions** are really nice and soft, add the **balsamic vinegar** and a pinch of **sugar** and cook, stirring, until the **balsamic vinegar** has evaporated, 1-2 mins. Remove from the heat. Cut the **filo pastry sheets** in half widthways to make squares. You will need **3 squares** per person. Lay one square on a chopping board. Drizzle with a little **oil** and using your hands or a pastry brush spread the **oil** evenly over the **pastry**. Take another square, lay on top of the first a few degrees to the right - you want to make a bit of a star shape. Drizzle and brush with **oil**. Repeat with the 3rd square, brushing with **oil** again.



Finish and Serve

Taste the **spinach** and add **salt** and **pepper** if you feel it needs it, add a splash of **water** too if it's a bit thick. Serve the **parcels** with the **roasted sweet potato** and **asparagus** alongside. Finish with a spoonful of **creamed spinach**.

Enjoy!