

Veg & cheese rolls!



POWERED BY
COMPANY SHOP GROUP

A delicious, easy meal to make with the kids!

You will need:

- 1 tbsp olive or rapeseed oil
- 1 halved and grated large onion
- 2 grated carrots
- 1 grated beetroot
- 100g grated mature cheddar
- Small bunch of thyme
- 50g flaked almonds
- 320g sheet puff pastry
- 1 beaten egg
- Salad or baked beans



What to do:

Step 1

Heat the oil in a large pan. Add the onion and sizzle for five minutes.

Step 2

Add the carrot and beetroot, season well and cook gently for 5-10 minutes, until the veg is soft. Tip cooked veg into a bowl.

Step 3

Stir the cheese and thyme leaves into the mixture. Crumble in half of the almonds. Chill for 30 minutes.

Step 4

Unroll the pastry. Cut in half lengthways and pile the cooled filling down the middle of each strip of pastry.

Step 5

Brush the edges of the pastry with the beaten egg, then fold the sides over to cover the filling.

Step 6

Turn the rolls over so the pastry seam is tucked underneath and cut each roll into three.

Step 7

Place on a baking tray lined with baking parchment, brush on a little more egg and sprinkle over the remaining almonds.

Step 8

Bake for 20 minutes or until golden brown at 200C/180C fan/gas 6. Serve the rolls warm or cold with salad or baked beans.



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Activity taken from: bbcgoodfood.com/recipes/veg-cheese-rolls

