



Country Trust

Where children learn and grow

Food Discovery Cheesy Beetroot Parcels



3-4 portions

Ingredients

- 100g cooked beetroot
- 100g new potatoes
- 5 spring onions
- 100g cream cheese
- 1 pack filo pastry (defrosted if frozen)
- 1 tablespoon chopped parsley
- 1 tablespoon chopped chives
- Black pepper
- Rapeseed oil for brushing

These **vegetarian** parcels are **low in fat, low in salt, cheap to make** (around 50p a portion) and contain **2 of your 5** a day. They contain protein in the form of cream cheese. For more protein, try adding baby spinach leaves to the mixture.

The cooked parcels will keep in the fridge for up to 3 days and can be reheated in the microwave, or better in the oven so they will be crispy. Only reheat once.

Method

- 1) Heat the oven to 180C.
- 2) Chop the potato and beetroot into small pieces, using the bridge technique.
- 3) Chop the spring onion up, using the claw technique.
- 4) Put the cream cheese in a bowl and beat with a wooden spoon until it is smooth.
- 5) Tear up the parsley and snip the chives in a cup.
- 6) Add the herbs and the black pepper to the cream cheese, mixing carefully, and then mix in the vegetables.
- 7) Cut each pastry sheet so it is 30x20cm and put the short edge close to you.
- 8) Add a spoonful of mixture to the middle of one end of the pastry sheet and fold over the long sides and then roll up away from you.
- 9) Put on a baking sheet and brush with oil and bake at 180°C for 15 minutes.
- 10) Enjoy hot or cold!

If you don't have exactly what is in the recipe try these 'Swaps':

- Cooked root vegetables, like carrot and parsnip
- A hint of spice, like coriander and cumin instead of parsley and chives
- Adding some baby spinach or rocket leaves
- Adding some tinned beans for extra protein, like black eyed beans, or kidney beans
- Using mint instead of parsley
- Adding some grated cheese like cheddar for a stronger taste
- Making a large parcel with a few layers of filo instead of lots of small ones, and then slicing up into portions
- If you can't find filo, you could use shortcrust pastry and make rolls (like sausage rolls!)

For more information on how to make your food shopping go further, try looking at the Love Food Hate Waste website:

www.lovefoodhatewaste.org.uk.