



Savory palmiers

10'

Hands on

30'

Cook Time

20

Portion(s)

1

Difficulty



Ingredients

- ½ clove of garlic
- 2 tablespoons olive oil
- 420 g puff pastry
- pinch of chili flakes
- 1 tablespoon thyme
- 250 g mixed cheeses
- 100 g bacon
- 1 egg, for the brushing

To serve

- [Bbq sauce](#)

Method

- Preheat the oven to 190° C (374° F) set to fan.
- In a [mortar and pestle](#), add the garlic, olive oil, and beat well until the garlic is crushed.
- Unfold the puff pastry onto your working surface and with a [pastry brush](#), spread the garlic mixture.
- Sprinkle with the chili flakes, thyme, cheeses, and the bacon cut into small pieces.
- Press the ingredients lightly with your hands, so that they stick onto the puff pastry.
- Roll halfway from the larger side. Follow the same process from the opposite side, too.
- [Cut](#) into 20 pieces and transfer them onto [baking pans](#) lined with parchment paper. Press lightly with your hands, and brush with the egg.
- Bake for 25-30 minutes.
- Serve with the [bbq sauce](#).

Διατροφικός πίνακας

Nutrition information per portion

163 Calories (kcal)	12.0 Total Fat (g)	5.9 Saturated Fat (g)	7.8 Total Carbs (g)
8%	17%	30%	3%
0.0 Sugars (g)	6.3 Protein (g)	0.0 Fibre (g)	0.39 Sodium (g)
0%	13%	0%	7%