



Cheese and prosciutto flutes

10'
Hands on

8'
Cook Time

18
Portion(s)

1
Difficulty



Ingredients

- 150 g butter, at room temperature
- 40 g mustard
- pepper
- salt
- 3 phyllo dough sheets
- 1 1/2 teaspoon(s) cumin, seeds
- 12 slices prosciutto
- 70 g parmesan cheese, grated

For the dipping sauce

- 1 tablespoon(s) honey
- 1 tablespoon(s) mustard
- 3 tablespoon(s) [homemade mayonnaise](#)
- pepper
- salt

Method

- Preheat oven to 200* C (390* F) Fan.
- Whisk the butter, mustard, salt and pepper together in a bowl.
- Cut 1 sheet of phyllo dough in half, horizontally and then in to 3 pieces, vertically. You want 6 pieces of phyllo dough.
- Brush each piece of phyllo with the butter-mustard mixture, on both sides.
- Sprinkle with some cumin seeds, add some thin strips of prosciutto and some cheese.
- Fold and roll until the end of the phyllo, creating a cigar shape.
- Transfer to a [baking pan](#) lined with parchment paper and sprinkle with cumin seeds and cheese.
- Repeat the same process for the rest of the pieces of phyllo. You should have 18 pieces of phyllo total.
- Bake for 5-8 minutes, until crunchy and golden.
- In the meantime, prepare the dipping sauce by combining the honey, mustard, mayonnaise, salt and pepper in a bowl.
- [Serve](#) cheese and prosciutto flutes with dipping sauce.

Tip

If you have any leftover phyllo dough from making pies, you can keep them and make flutes with various fillings!

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|-----------------------------|---------------------------|
| 144 Calories (kcal) | 11.0 Total Fat (g) | 5.7 Saturated Fat (g) | 5.6 Total Carbs (g) |
| 7% | 16% | 29% | 2% |
| 1.9 Sugars (g) | 4.9 Protein (g) | 0.0 Fibre (g) | 0.93 Sodium (g) |
| 2% | 10% | 0% | 16% |