



Ground pork turnovers

20'
Hands on

35'
Cook Time

18
Portion(s)

2
Difficulty



Ingredients

- 300 g ground pork
- 3 tablespoon(s) olive oil
- 1 onion
- 1 clove(s) of garlic
- 1 tablespoon(s) thyme
- 1 teaspoon(s) granulated sugar
- 1/4 teaspoon(s) cumin
- 1/4 teaspoon(s) cinnamon
- 1 chicken bouillon cube
- 50 g white wine
- 1/2 bunch parsley
- 2 tablespoon(s) mint
- 1 spring onion
- 100 g gruyere cheese, grated
- 650 g kourou dough
- 2 egg yolks
- 1 tablespoon(s) water

Method

- Place a [nonstick pan](#) over high heat and let it get very hot.
- Finely [chop](#) the onion and garlic.
- Add the olive oil to the hot pan. Add the onion, garlic, finely chopped thyme, and sugar.
- Sauté for 1-2 minutes, until they caramelize.
- Add the ground meat and sauté for 2-3 minutes, stirring with a [spoon](#), until golden.
- Add the cumin, cinnamon, bouillon cube, and wine. Stir for 2-3 minutes until the bouillon cube melts.
- Finely chop the parsley, mint, and the green part of the spring onion.
- Remove pan from heat and add the herbs and spring onion.
- Add the gruyere and mix thoroughly. Set the filling aside for 2-3 minutes to let it cool.
- Preheat oven to 180* C (350* F) Fan.
- Spread 2 kourou phyllo sheets on a working surface.
- Roll them out to straighten them.
- Use a cookie cutter or a 10 cm dish to cut out 9 small circles from each sheet.
- Add 1 tablespoon of filling to the center of each circle of dough.
- Combine the egg yolk with 1 tablespoon of water and use it to brush the edges of the dough so that the edges stick together to make the pies.
- Fold the dough over to close the pies and press down on the edges with a fork to seal so that the filling doesn't fall out.
- Repeat the same process for all the remaining pies.
- Brush their surface with the remaining egg wash and transfer to a [pan](#) that has been lined with parchment paper.
- Bake for 20-25 minutes.
- When ready, remove from oven and serve.

Διατροφικός πίνακας

Nutrition information per portion

218 Calories (kcal)	14.0 Total Fat (g)	6.3 Saturated Fat (g)	14.0 Total Carbs (g)
11%	20%	32%	5%
1.0 Sugars (g)	7.9 Protein (g)	0.8 Fibre (g)	0.53 Sodium (g)
1%	16%	3%	9%