



Mini mushroom phyllo pies

15'
Hands on

35'
Cook Time

10
Portion(s)

1
Difficulty



Ingredients

- 500 g champignon mushrooms
- 3-4 tablespoon(s) olive oil
- 2 tablespoon(s) thyme
- salt
- pepper
- 3 spring onions
- 1 teaspoon(s) chili flakes
- 500 g gruyere cheese, grated
- 2 tablespoon(s) parsley
- 450 g phyllo dough sheets
- 80 g olive oil, for brushing

To serve

- thyme, fresh

Διατροφικός πίνακας

Nutrition information per portion

441 Calories (kcal)	29.0 Total Fat (g)	12.0 Saturated Fat (g)	28.0 Total Carbs (g)
22%	41%	60%	11%
1.0 Sugars (g)	18.0 Protein (g)	1.3 Fibre (g)	1.5 Sodium (g)
1%	36%	5%	25%

Method

- Preheat oven to 170* C (338* F) Fan.
- Place a **pan** over high heat and add the olive oil.
- Thinly **slice** the mushrooms and add them to the pan.
- Add the thyme, salt, pepper, finely chopped spring onions and chili flakes. Sauté for 3-4 minutes until they soften and reduce in volume.
- Remove from heat and set aside to cool.
- Transfer mushrooms to a **bowl** and add the gruyere and parsley. Mix well with a spoon.
- Place the phyllo dough sheets on a clean working surface.
- Spread a sheet of phyllo in front of you and **drizzle with olive oil**. Position your fingers in the center of the phyllo and use your other hand to twist the edges in a circular motion.
- You want to create a “pocket” to add the filling.
- Add 1 heaping tablespoon of the filling in the pocket and cover with the ends of the phyllo.
- Brush a **muffin pan** with olive oil and place one mushroom pie in each cup, upside down.
- Drizzle with olive oil and bake for 30-35 minutes.
- When ready, remove from oven, allow them to cool and serve with fresh thyme.