



Pastry breakfast sandwich

40 minutes

Hands on

4

Portion(s)

1

Difficulty



Ingredients

- 400 g puff pastry sheet
- 1 egg yolk
- 1 tablespoon(s) water, for brushing
- 1 tablespoon(s) oregano, dry
- 1 tablespoon(s) sesame seeds, black
- 15 cherry tomatoes, cut in half
- 200 g feta cheese
- 2 eggs
- 1 avocado(s)
- 1 tablespoon(s) olive oil
- salt
- pepper
- baby spinach, to serve

Διατροφικός πίνακας

Nutrition information per portion

734 Calories (kcal)	53.0 Total Fat (g)	24.0 Saturated Fat (g)	41.0 Total Carbs (g)
37%	76%	120%	16%
4.9 Sugars (g)	21.0 Protein (g)	3.9 Fibre (g)	1.9 Sodium (g)
5%	42%	16%	32%

Method

- Preheat oven to 200* C (390* F) Fan.
- Lay the puff pastry sheet in a [baking pan](#) 20x30 lined with parchment paper and cut into 8 equal sized pieces.
- Fold half of the pieces in half, horizontally.
- Using a [knife](#), cut the folded piece all around the border apart from the folded side, leaving a 2-3 cm gap so that when it is unfolded a window is created.
- Repeat the same process with the remaining 3 pieces.
- Place the cut out windows over the 4 uncut pieces of puff pastry and turn the edges inward with your fingers.
- Pierce the inner part with a fork so that it doesn't puff up.
- In a [bowl](#), combine the egg yolk with a little water and brush over the puff pastry.
- Sprinkle with some oregano, black sesame seeds and salt.
- Bake for 18 minutes.
- Add the cherry tomatoes and feta cheese.
- Sprinkle with oregano.
- Remove the 4 smaller pieces of puff pastry which will be added back again at the end like a lid.
- Bake for 15 minutes until the feta cheese turns a little golden.
- While baking, fry 2 eggs and cut the avocado into slices.
- When the puff pastry is ready, remove from oven and add one egg to two of the pieces and the avocado to the other two.
- Drizzle with olive oil and season with salt and pepper.
- Cover with puff pastry lids to complete.
- [Serve](#) with baby spinach.