



# Eggplant and Feta Puff Pastry Turnovers

**1 hour 30  
minutes**

Hands on

**Family**  
Portion(s)

**1**  
Difficulty



## Method

- Preheat oven to 200\* C (392\* F) Fan.
- Fry the eggplant slices in some olive oil and let them drain on paper towels.
- Pat the block of feta cheese dry with paper towels and cut in to 8 pieces.
- Cut the tomato in to 8 thin slices, remove seeds and drain from excess juices.
- Spread the first sheet of puff pastry on to a lightly dusted working surface and add the 8 pieces of feta at equal intervals.
- Place the tomato and eggplant slices over the feta pieces and sprinkle with oregano.
- Brush the unfilled areas of puff pastry, cover with the second sheet of puff pastry and press down around the filling with a fork to seal.
- Cut the puff pastry in to 8 pieces and transfer to a baking pan lined with parchment paper.
- Brush the surface of each turnover with the egg diluted with water and sprinkle with sesame seeds and flaxseeds.
- Bake for 20-25 minutes, until golden.

## Ingredients

- 1 eggplant, cut in to 8 slices
- seed oil, for frying
- 260 g feta cheese
- 1 tomato, large
- all-purpose flour, for dusting
- 850 g puff pastry sheet
- oregano
- 1 egg yolk, diluted with water for brushing
- sesame seeds, for sprinkling
- sesame seeds, for sprinkling
- flaxseed, for sprinkling

## Διατροφικός πίνακας

Nutrition information per 100 gr.

|                           |                       |                             |                            |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 258<br>Calories<br>(kcal) | 18.1<br>Total Fat (g) | 7.9<br>Saturated<br>Fat (g) | 15.6<br>Total Carbs<br>(g) |
| 13%                       | 26%                   | 39%                         | 6%                         |
| 1.5<br>Sugars (g)         | 7.0<br>Protein (g)    | 2.2<br>Fibre (g)            | 0.81<br>Sodium (g)         |
| 6%                        | 14%                   | 2%                          | 14%                        |