

Cheese and Spinach Pasties

You will need:

50g frozen spinach, defrosted and chopped
2tsp parmesan (or vegetarian alternative)
4 tsp grated mature cheddar
Pinch ground nutmeg
Flour, for dusting
200g shortcrust pastry, at room temperature



What to do:

1. Heat oven to 200C/180C/Gas Mark 6.
2. Line the baking tray with baking paper. Put the spinach onto pieces of kitchen paper. Pat flat to remove any water then put in the bowl.
3. Add cheese and nutmeg, stir together and set aside.
4. Sift the flour on the worktop. Roll out the pastry to a long rectangle.
5. Using a biscuit cutter, cut out 6 circles.
6. Brush the edges with water then spoon the spinach mixture into the middle of each.
7. Fold the edges together and squeeze them.
8. Brush the tops with more water and make holes with a fork.
9. Bake for 15-20 mins until golden. Enjoy warm or leave to cool completely and pack into packed lunchboxes.

Please note:

Don't forget to make holes in the top to release steam. Push together with big thump stamps.