

VEGGIE FALAFEL & GOATS CHEESE ROLLS

MAKES: 12 ROLLS



INGREDIENTS

- 2 tbsp olive oil
- 1 brown onion, diced
- Salt, pepper
- 3 clove garlic, roughly chopped
- 1/2 medium head broccoli, finely chopped
- 1 x 400g cooked, tinned chickpeas
- 2 tbsp ground cumin
- Large handful each, parsley, mint, coriander, roughly chopped
- 250 frozen spinach, thawed and squeezed
- 2 free range eggs + 1 egg yolk
- Zest 1 lemon
- 2 x 80g logs Yarra Valley Cheese Fresh Goats Cheese
- 3 x 30cm x15cm rectangles puff pastry
- 2 tbsp sesame seeds

METHOD

1. Place a medium frying pan over a medium/high heat and add the olive oil, onion, garlic and a good pinch of salt. Cook stirring often for 2 minutes then add the broccoli and chickpeas and continue to cook for 3-4 minutes to cook the broccoli. Use a potato masher and crush the chickpeas and broccoli in the pan then spoon into a bowl and allow to cool.
2. Add the spinach, whole eggs, lemon zest, cumin and crumble in the goats cheese. Mix to combine and season to taste.
3. Preheat an oven to 220°C.
4. Lay the puff pastry piece out on 3 pieces of baking paper and make sure well chilled.
5. Spoon the filling along the length of each pastry piece at the bottom end then carefully roll up, using the baking paper to help this. You want the pastry to slightly overlap and seal be on the bottom. Keep each roll on its sheet of baking paper and brush each roll with some egg yolk then sprinkle with sesame seeds and cut each log into 4 even pieces. *At this stage you can refrigerate the roll, covered until ready to bake.
6. Transfer the rolls on the paper to a baking tray & bake for approx. 20-25 minutes until the pastry is crisp all over and golden brown. You may need to reduce the oven temp toward the end to make sure the pastry is cooked and not becoming too brown.