



Spinach Stuffed Pastry

Description

When it comes to savory pastries, the spinach stuffed pastry holds a special place in many hearts and kitchens. This delightful treat combines the earthiness of fresh spinach with the creamy texture of ricotta and Parmesan cheese, all wrapped up in buttery, flaky puff pastry. Whether you're hosting a brunch, preparing a family dinner, or just craving a tasty snack, these pastries are sure to impress.

Spinach stuffed pastries are not just a crowd-pleaser; they also come with a host of nutritional benefits. Spinach is a powerhouse of vitamins and minerals, including iron, calcium, and vitamins A and C. Combined with the protein-rich ricotta cheese and the savory flavor of Parmesan, these pastries are both delicious and nutritious. Their popularity stems from their versatility and the comforting combination of flavors that appeals to both vegetarians and non-vegetarians alike.

To elevate your spinach stuffed pastry experience, consider pairing them with a fresh garden salad or a bowl of tomato soup. The crispness of the salad or the tanginess of the soup provides a perfect contrast to the rich, creamy filling of the pastries. For a more indulgent meal, serve these pastries alongside a glass of chilled white wine or a refreshing iced tea. No matter how you choose to enjoy them, spinach stuffed pastries are bound to become a favorite in your recipe repertoire.

Ingredients:

- 2 sheets puff pastry, thawed
- 2 cups fresh spinach, chopped
- 1 cup ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1 egg, beaten (for egg wash)
- 1 tsp garlic powder
- Salt and pepper to taste
- 1 tbsp olive oil
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PREPARATION:

Preheat Oven:

- Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.

Prepare the Filling:

- In a large skillet, heat the olive oil over medium heat.
- Add the chopped spinach and cook until wilted, about 2-3 minutes.
- Remove from heat and let it cool slightly.
- In a medium bowl, combine the cooked spinach, ricotta cheese, Parmesan cheese, garlic powder, salt, and pepper. Mix well.

Assemble the Pastries:

1. Roll out the puff pastry sheets on a lightly floured surface.
2. Cut each sheet into 4 squares (you should have 8 squares total).
3. Place a spoonful of the spinach and cheese mixture in the center of each square.
4. Fold the pastry over to form a rectangle or triangle and press the edges with a fork to seal.
5. Transfer the pastries to the prepared baking sheet.
6. Apply Egg Wash:
7. Brush the tops of the pastries with the beaten egg for a golden finish.

Bake:

- Bake in the preheated oven for 15-20 minutes, or until the pastries are puffed and golden brown.

enjoy!

Category

1. Air Fryer Recipes

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