

chef PAUL COLLINS



FETA CHEESE & SPINACH WRAPPED IN FILO, WITH LENTILS AND SLOW ROASTED TOMATOES

Spinach & Feta Cheese Filo

200g picked and washed baby spinach leaf

200g feta cheese

25g butter

50g toasted pine nuts

50g melted butter to brush on the filo parcels

Method

- toast the pine nuts in the oven for 5-8 minutes at 180°C
 - melt the butter in a pan, add the spinach, cook for 1 minute, season then drain in a colander
 - allow to cool and squeeze out excess liquid from the spinach
 - then add the feta cheese and the pine nuts. Check taste before seasoning as feta can be salty
 - this is now ready to fill the parcels of filo pastry with
 - lay out one sheet of filo pastry and fold over to make a double sheet, place a tbspn of the spinach mixture at the top of the sheet and roll up like a cigar!
 - place on to a non-stick baking tray and brush with melted butter
- Cook at 200°C for 5-6 minutes

Lentils

200g lentils de puy

25g chopped curly parsley

100g confit cherry tomatoes

4-tbspn olive oil

2-tbspn-sherry vinegar

Method

- cook the lentils for about 15 minutes in simmering salted water
- remove from the heat, drain and leave to cool
- then add the parsley, oil, vinegar and confit tomatoes. Season to taste.

Slow Roasted Tomatoes

Tomatoes

Thyme / rosemary / oregano / marjoram (all or a combination of your favourites) Drizzle

Garlic, olive oil, salt and pepper

Method

- use as many tomatoes as you need to slow roast.
- cut in half and place on a tray ready for the oven.
- season with salt and pepper.
- pick the herbs you are using and scatter liberally over the tomatoes.
- slice the garlic very very thinly and place one piece of garlic on each tomato pour with olive oil
- cook for 1 hour at 100°C