

CARROT AND CARRAWAY CHEESE TRIANGES

Equipment needed –

Bowl, sieve, plastic cups, scissors, measuring spoons, electric scales, small knife, chopping board, large bowl, medium bowl, grater, baking trays, baking paper, paper towel and a fork.

Ingredients from the Garden –

- 3 small carrots (about 75g)
- 2 tablespoons of finely chopped mint
- 2 tablespoons of finely chopped dill

Ingredients from the Pantry –

- 150g of fetta
- 150 grams of halloumi
- 150 grams of cottage cheese
- 1 ½ teaspoons of caraway seeds
- ¾ teaspoon dried mint
- 1 packet of puff pastry

What to do –

1. Line 3 baking trays with baking paper, and preheat the oven to 200°C.
2. Peel and grate the carrots. Place on some paper towel and squeeze to dry it slightly -set aside.
3. Measure out the cottage cheese into a sieve over a medium bowl. Press down slightly and leave it to drain.
4. Measure out the halloumi using the electric scales, grate then set aside.
5. Finely chop the mint and dill using a cup and scissors.
6. Measure out the feta cheese into a large bowl. Use the back of a fork to squish the cheese.
7. Add the grated carrots, halloumi, 2 tablespoons each of mint and dill, ¾ teaspoon of dried mint and 1 and 1/2 teaspoons of caraway seeds.
8. Season with pepper then add the drained cottage cheese. Mix well to combine.
9. Cut the pastry in half, down the centre and in half again the other way. Cut each square in half diagonally to create 8 squares.
10. Place a teaspoon of the mixture in the centre of each square. Fold one corner over to the opposite corner to create a small triangle. Use the back of a fork to seal the sides and create a pattern along the edges.
11. Brush the triangles with some milk and place on the baking trays. Bake for 10-12 minutes or until very golden.
12. Once cooked, transfer to 3 serving platters and serve.

Serves –

- 25 students.

