

PUMPKIN AND GOAT'S CHEESE PARCELS

Equipment needed –

Baking tray, small knives, chopping boards, garlic crusher, measuring spoons, measuring cups, small bowl, 3 small serving bowls and 3 serving platters.

Ingredients from the Garden –

- 3 kg of roasted pumpkin
- 3 red onions
- 6 cloves of garlic
- 1 bunch of kale or silverbeet

Ingredients from the Pantry –

- 180 grams of goat's cheese
- 15 sheets of filo pastry
- 1 cup of low fat yoghurt
- 1 teaspoon of sumac
- 3 teaspoons of ground cumin
- 6 teaspoons of olive oil
- Olive oil spray

What to do –

1. Preheat the oven to 180°C. Line a baking tray with baking paper.
2. Finely dice the red onions and set aside. Then peel and crush the garlic and set aside.
3. Remove the leaves from the stem of the silverbeet, finely shred and set aside.
4. Measure out 4 teaspoons of olive oil into a frying pan and heat over a high heat. Add the onions and cook for 5 minutes or until softened. Add the garlic and cumin and cook stirring for 1 minute.
5. Add the kale (or silverbeet) and cook for 2-3 minutes or until wilted.
6. Transfer the kale mixture into a large bowl and add the roasted pumpkin.
7. Measure out the goat's cheese and add to the bowl with the pumpkin and kale and well to combine.
8. Place filo on the bench and cover with a clean, damp tea towel. Spray one sheet with oil. Top with another sheet. Repeat stacking 5 sheets of filo in each pile. (You should make 3 piles, each with 5 sheets of filo.)
9. Spoon 1/3 of the mixture along one long side, leaving a 5cm border at each end. Fold the filo over, tuck in the ends and roll up to enclose the filling. Place seam side down on the prepared tray. Repeat with the other 2 stacks of filo. Bake for 30 minutes or until golden.
10. Meanwhile, measure out the yoghurt into a small bowl. Measure out the sumac and add to the yoghurt. Mix well to combine. Divide the yoghurt sauce amongst 3 small bowls.

Serves - 26 students

