

SPINACH AND CHICKEN PASTIES

INGREDIENTS

- 1 Cup cooked, drained spinach
- 1 Cup cooked, shredded chicken
- 3/4 Cup Parmesan Cheese
- 1 - 1 1/2 TBSP Olive Oil
- 1/2 - 1 TBSP Minced Garlic
- 2 - 3 Eggs (Depending on Size)
- 1 - TBSP Water
- 1 Sheet of Puff Pastry Dough
- Salt / Pepper to Taste

TOOLS

- Mixing Bowls
- Measuring Cups / Spoons
- Baking Sheet
- Parchment Paper
- Mixing Spoons
- Knife
- Small Whisk or Fork
- Pastry Brush
- Oven
- Timer

INSTRUCTIONS

1. Preheat oven to 400 Degrees.
2. Line baking sheet with parchment paper.
3. On a clean counter, cutting board or parchment paper. gently lay out puff pastry
4. With a sharp knife cut dough into squares in size of your choosing.
5. Place squares of dough on baking sheet and set to one side.
6. In a mixing bowl, make pasty filling by combining spinach, chicken, garlic, cheese, egg (1-2 depending on size), salt and pepper. Mixture should not be overly wet, but should be somewhat cohesive.
7. Place a small amount of filling on dough squares and fold dough over top of filling.
8. In a small bowl, crack one egg and add water. Beat with whisk or fork until smooth.
9. Using pastry brush, lightly brush top of dough with beaten egg/water mixture.
10. Bake for 10 -15 minutes until golden.

Pasties can are best warm, but can be served at room temperature. If you want to make some ahead, they do warm up nicely in an oven or microwave, just be careful about your time.