

Cheese and Pepperoni Twists

CHEESE MAKES A
Difference

to a
healthy
lunchbox



BRITISH
CHEESE
BOARD



Serves 6 | Prep time: 10 min | Cooking time: 12 min



Cheese and Pepperoni Twists

SHAKE THINGS UP AND TRY THESE CHEESE & PEPPERONI TWISTS.
YOUR KIDS WILL LOVE THEM!

INGREDIENTS

80g Red Leicester, grated

40g sliced mild pepperoni

300g ready rolled puff pastry

1 egg

1 tsp mixed herbs

2 tbsp mixed seeds

METHOD

1. Unroll the puff pastry, scatter over a couple of handfuls of grated Red Leicester and the mixed herbs.
2. Lay the sliced pepperoni and fold in half.
3. On a lightly floured surface, roll out to the thickness of a £1 coin.
4. Brush with beaten egg and scatter over the mixed seeds. Cut into 1cm strips, then twist the strips 3-4 times.
5. Lay on a baking sheet, scatter over more cheese and bake for 12 minutes at 180°C, or until golden.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

317kcal | 9.9g protein | 19.5g carbohydrate of which 0.8g sugars | 23g fat of which 10.1g saturates | 372mg sodium equivalent to 0.9g salt | 148mg calcium | 159mg phosphorus | 0.5µg vitamin B₁₂

