

Let's eat, Invercargill, and celebrate Neighbours Day

Your neighbour has shared this much-loved recipe for you to take, make and share with your friends, whānau and neighbours. Enjoy!

Saniya's Feta Filo Parcels

Here is a recipe which makes a great appetiser. Super easy to make and it is a real crowd pleaser too! I chose this recipe for several reasons - I love Greek food; it is such an easy recipe – kids can make it. I also made this for starters at Christmas dinner and was surprised how many people never worked with filo pastry before because they just don't know what to do with it.

7 sheets of Filo pastry
200g feta cheese
Honey
Sesame seeds
Olive oil



Preheat the oven to 200C

Lay one sheet of filo pastry onto your work surface and brush it lightly with olive oil or melted butter. Put a slice of feta cheese and fold the filo into a square or rectangular shape. Repeat until you run out of filo or feta.

Brush the parcels lightly all over with olive oil or melted butter and put them in the oven until golden, about 12 -15 min.

In the meantime, toast the sesame seeds in a dry pan until they are a light golden brown.

When the parcels are cooked, drizzle honey and scatter toasted sesame seeds over. These are great hot or cold. However I think they are most delicious hot!

When working with filo pastry, have only one layer at a time. Keep the rest covered with a damp kitchen towel as they quickly dry and become brittle and hard to manage.

