

TASTE WITHOUT WASTE

Chilli Bean Rolls

Makes 8 rolls (serves 4-8).

Ingredients

2 sheets store bought puff pastry (I used 'Borg').
1 small egg, lightly beaten
2 tsp sesame seeds
1 ½ cups baby spinach
1x 400g can kidney beans, drained and rinsed thoroughly
50g pizza sauce/paste
½ cup grated cheddar cheese
¾ tsp ground coriander
¾ tsp ground cumin
¾ tsp smoked paprika
¼ tsp salt
5 large basil leaves, roughly torn
2 tbsp sweet chilli sauce

Method

Preheat the oven to 200c. Grease and line a large baking sheet with baking paper. Set a frying pan over a medium heat and once warm add the spinach leaves. Stir until wilted, about 2 minutes, and remove from the heat.

In a large bowl lightly mash the kidney beans (you still want at least half of the beans whole) and then add the pizza sauce, cheese, coriander, cumin, paprika and salt. Stir well to combine. Now toss in the wilted spinach, torn basil leaves and sweet chilli sauce and fold through.

Using a sharp knife, cut each puff pastry sheet into four squares. Place one eighth of the mixture horizontally across the middle of one of the squares, about 3cm thick and allowing the line to go right to the edges of the pastry. Fold the bottom edge of the pastry up and over the filling, tucking the end slightly under it and then continue to roll the 'log' up until you have a nice, neat and relatively tight roll with the seam of the pastry underneath. Transfer to the baking sheet, brush with a little beaten egg and sprinkle with sesame seeds. Repeat the process until you have 8 rolls on the baking sheet.

Bake for approximately 15 minutes or until the rolls have puffed up and are a light golden colour. You may have a little of spillage out of the ends of the rolls, however you can gently push this back in with a teaspoon while the rolls are still hot. Set the baking pan on a wire rack and leave to cool for 3 minutes before serving.

Try serving the rolls with extra sweet chilli sauce, smashed avocado and a salad of your choice.

Left overs can be stored in an airtight container in the refrigerator for up to three days (either reheat gently in the oven/microwave or serve cold) or can be frozen for up to a month.

*Source: A Taste Without Waste original.
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