



SPINACH STRUDEL



Makes 4 servings

INGREDIENTS,

PASTRY:

250 g flour
1 tsp salt
20 g butter, melted
1 egg, whisked
4-8 tbsp water
A little oil

FILLING:

1 onion, 1-2 cloves of garlic
A little oil
300 g frozen leaf spinach
100 g dried tomatoes
200 g ricotta
2 eggs
60 g pine nuts
A little orange zest or
orange flavouring
15 lemon balm leaves
2 tbsp grated Parmesan
1 pinch nutmeg, freshly ground
Salt, freshly ground pepper

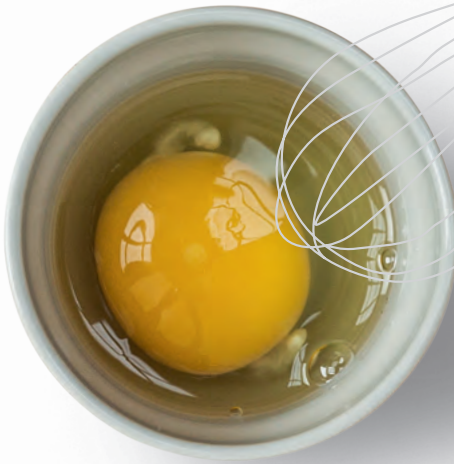
PREPARATION:

Knead together the flour, salt, butter, egg and water to form a ball, brush with oil, wrap in clingfilm, and place in the refrigerator for 2 hours.

For the filling, finely chop the onion and garlic and sweat them in cooking oil. Add the defrosted spinach to a bowl. Finely chop the dried tomatoes. Add to the spinach together with the onions, garlic and ricotta and mix well. Add the remaining ingredients and stir to form a consistent mixture.

Roll out the dough on a flour-covered tea towel and then stretch it out. To do this, slide your hands under the dough and stretch it out from the middle over the back of your hands. Stretch out the dough to a rectangular shape.

Spread the filling evenly over the dough. Leave a gap of approx. 2 cm free around the edge. Fold the side edges of the dough over the filling.



IN ADDITION:

Clingfilm
Greaseproof paper
Butter for greasing

ACCESSORIES:

Baking tray

NUTRITIONAL INFORMATION:

532 kcal, 53 g carb, 23 g F, 28 g P

Lift the tea towel and roll up the dough. Slide onto a sheet of greaseproof paper. Using the greaseproof paper, place it onto the baking tray and, if necessary, make into a U-shape. Brush with butter and cook immediately as indicated.

SETTING PROCEDURE:

Volume of water in tank: 220 ml
Baking tray, level 3
Top/bottom heating
170-180 °C
Added steam, high
Cooking time: 50-60 minutes