



## Herbed cheese and onion twists

Serves tastes for class of 36



### Equipment needed

cutting board  
knife  
microwave container with lid  
spatula  
teaspoon grater  
2 oven trays  
baking paper  
pastry brush  
cooling rack  
4 serving plates

### Ingredients

4 sheets puff pastry  
1 onion  
1 tsp butter  
100g cheese  
½ cup herbs – parsley, thyme, chives a little  
milk

### What to do

1. Preheat oven to 200°C.
2. Tear off baking paper to cover trays.
3. Peel and then finely slice the onion and then finely chop it. Put the onion in the microwave container with the tsp butter. Place lid on with vent open and microwave for 3 minutes on high. Remove from microwave and mix lightly and allow to cool.
4. Finely chop the parsley and chives if using. Pull the thyme leaves from their stalks. Mix the chopped herbs in with the onion.
5. Grate the cheese on the coarsest side of the grater.
6. Lay a sheets of pastry onto a clean chopping board.. Sprinkle half the onion and herb mix onto the sheet.
7. Cover with another pastry sheet. Brush with milk and sprinkle with cheese.
8. Cut the pastry into 2cm strips. Twist the strips. Cut each twist in half and place on oven tray.
9. Repeat steps 6-8 with the other sheets of pastry.
10. Bake in hot oven for about 8 minutes or until golden brown.
11. Remove from oven and cool on wire rack. Place on serving plates