



## Cheesy Vegetable Turnover



### Details

Serves :	2
Total Preparation Time :	Up to 15 minutes.
Region :	Mediterranean
Gluten Free:	No
Vegetarian:	Yes
Dairy Free:	No
White Meat Only:	Yes
No Seafood:	Yes

### Nutritional details per serve

Calories:	225
Fat:	6.2
Protein:	18.2
Carbohydrates:	20.5
Fibre	2.4

### Instructions :

- Mix all chopped vegetables in a bowl and combine with cumin and turmeric
- Place the filo pastry sheet down a flat surface and place the vegetable mixture in the middle of the pastry sheet - Add cheese
- Seal all corners of the pastry together and brush with butter
- Bake in a moderate oven for 10 minutes or until golden brown
- Sprinkle with pepper and serve

Quantity	Ingredients	Suggested Brand
2 piece	pastry, filo, raw	Average, all brands
2 large	baby carrots, fresh, (approx 15g ea)	Average, all brands
2 tsp	ground turmeric	Average, all brands
0.5	red onions, small (approx 60g each)	Average, all brands
50 g	cheese, tasty, extra light	Average, all brands
4 piece	broccoli, fresh, florets (approx 25g ea)	Average, all brands
2 slice	capsicum, fresh, slice / ring (approx 6mm thick)	Average, all brands
1 tsp	butter	Average, all brands
2 tsp	ground cumin	Average, all brands
2 medium	squash, button, fresh	Average, all brands