



Plant Based
RECIPES

Asparagus
and
cheddar
pockets



You will need

1 puff pastry sheet, cut into squares

15-18 sprigs of asparagus

100 gr of cheddar, sliced

Salt and black pepper to taste

Dried oregano

Olive oil to drizzle



Method

- Place cheddar and asparagus in each square
- Season with oil, oregano, salt and black pepper
- Close two ends of the puff pastry in the middle and transfer into a baking tray
- Cook in a hot oven, set to 180C, for about 25 minutes

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SERVES



PREP TIME



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