

Sweet Potato & Cheese Whirls

Ingredients

Fresh sweet potato – 300g

Mature cheddar cheese – 190g

1 Spring onion

Ready rolled puff pastry sheet – 1 sheet (320g)

Pinch of Salt & Pepper

1 Beaten egg

English mustard (ready-made) – 15g



Method

1. Prepare the sweet potato by peeling and dicing into 1cm size dice. Cook until tender, then allow to cool and mash until smooth.
2. Finely slice the spring onion on the angle.
3. Grate the mature cheese and combine with the sweet potato and sliced spring onion, mix well together and season.
4. Place the pastry sheet on to a baking tray lined with greased parchment or just a greased non-stick baking sheet.
5. Spread the mustard paste over the whole of the pastry sheet, and then spread the sweet potato and cheese mixture over the pastry making sure it is covered up to the edges.
6. Roll up the pastry, like a Swiss roll and slice in to 8 equal sizes.
7. Place the whirls on to the lined baking sheet with the whirl facing upwards so you can see the swirl.
8. Glaze with the beaten egg.
9. Bake at 180°C non fan, 170°C electric fan or gas mark 4 for approximately 15-20 minutes or until pastry is golden brown and it is piping hot all the way through.

Ideal as a snack, part of a meal or served cold in a picnic. Our children love them!



