

## Pumpkin, Cheddar and Caramelised Onion Triangles

**Serves:** 20

**Prep time:** 15 minutes

**Cook time:** 65 minutes



½ serve per portion

### Ingredients

½ small kent pumpkin, peeled and cut into chunks

2 tablespoons olive oil

2 brown onions, thinly sliced into rings

200g reduced fat cheddar cheese, grated

½ cup walnuts, finely chopped

½ cup dates, finely chopped

2 sprigs thyme (*optional*)

5 sheets reduced fat puff pastry

1 egg, whisked with 1 tablespoon of water for egg wash

¼ cup mixed sesame, pepita and sunflower seeds, for topping (*optional*)

### Method

PREHEAT oven to 200°C.

COAT pumpkin with 1 tablespoon olive oil and roast in the oven for 45 minutes.

COOK onion in a frypan with remaining olive oil, stirring until soft, brown and caramelised.

MASH roasted pumpkin in a bowl and combine with onion, cheddar, walnuts, dates and thyme.

CUT each square of pastry into quarters and spoon 2 tablespoons pumpkin mix into each pastry square. Repeat process until pumpkin mix has been used up.

FOLD each pastry square into triangles and press down on the edges with a fork.

PLACE pumpkin pastry triangles onto a lined baking tray.

MIX water with egg and coat the pastry with egg wash. Sprinkle with seeds.

BAKE in the oven for 20 minutes or until golden brown.

SERVE hot or cold as a snack or with a side salad for a meal.



Discretionary Food

*Recipe courtesy of Maddy Rolla, Country Kitchens team*