

CHARLTON MANOR PRIMARY SCHOOL

FILO PASTRY OMELETTES & SALADS

MAKES 12 PORTIONS | 58p PER PORTION

INGREDIENTS

OMELETTES

10 eggs
80ml fresh single cream
100g butternut squash, diced
100g sweet potatoes, diced
100g courgette, diced
1 leek (white part only), diced
1 medium onion, diced
black pepper
2 tablespoons fresh parsley
2 tablespoons olive oil
470g filo pastry sheets

ASIAN COLESLAW SALAD

500g white cabbage
1 sweet potato, peeled
3 medium carrots
2 tablespoons olive oil
juice of 1/2 lemon
4 tablespoons mayonnaise
2 tablespoons fresh coriander

NEW POTATO SALAD

600g Jersey new potatoes, sliced
at 1/2 cm
1 red pepper
1 green pepper
1 red onion
2 tablespoons fresh parsley
2 tablespoons garlic olive oil

METHOD

FOR THE OMELETTES

1. Beat the eggs with the cream.
2. Combine all the vegetables and season with black pepper, parsley and olive oil.
3. Stir the vegetables into the beaten eggs.
4. Cut the filo pastry into 24 7cm x 7cm square sheets.
5. Line each case of a muffin tin with 2 squares of filo, then pour over the egg mixture.
6. Bake at 160°C for 20 minutes.

FOR THE ASIAN COLESLAW SALAD

1. Slice the white cabbage.
2. Use a peeler to peel off strips of the sweet potato.
3. Grate the carrots.
4. Mix the olive oil and lemon juice together, and stir through the mayonnaise.
5. Add salt and pepper to taste, and sprinkle with the coriander.

FOR THE NEW POTATO SALAD

1. Steam or boil the potatoes for 12 minutes, or until tender.
2. Cut the peppers and onions into matchsticks.
3. Chop the parsley.
4. Combine the potatoes, vegetables and parsley with the garlic oil, then add salt and pepper to taste.