



PORK & FENNEL FILLO ROLLS

A Wasty recipe brought to you by
OzHarvest and Antoniou Fillo Pastry

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INGREDIENTS

Makes 5 rolls

2 tbsp olive oil
1 onion, finely chopped
1 clove garlic, finely minced
1 tbsp fennel seeds
500g pork mince
1 tsp salt
1 tsp black pepper
1/2 cup white wine
2 tbsp tomato paste
1/2 cup water
2 tbsp parsley, finely chopped
10 sheets Antoniou Fillo Pastry
100g butter, melted

FIGHT FOOD WASTE TIPS

Make extra and freeze!

To prevent wastage, you can always make extra parcels, brush liberally with butter and store in a zip lock bag in your freezer for a quick mid-week meal.

METHOD

For this Fillo Pastry recipe, take your fresh Fillo Pastry out of the fridge at least 2 hours before use to bring it up to room temperature.

Heat the olive oil in a pan over a medium heat. Add the onions & garlic, cooking for 2-3 mins until translucent and soft. Add the fennel seeds and cook for a further minute.

Add the pork mince, salt and pepper. Using a wooden spoon, break down the mince to remove any lumps and stir to combine. Add the white wine, tomato paste and water and mix thoroughly.

Allow the mixture to come to a boil and then turn down the heat and allow the mince to simmer for 10 minutes. Stir through the parsley, remove from the heat and allow to cool.

Preheat your oven to 180°C and line a baking tray with baking paper.

TO ASSEMBLE ROLLS

Lay one sheet of fillo with the shorter edge facing you and brush liberally with butter. Lay another sheet on top and brush with butter again.

Spoon approx. 5 tbsp (100g) of the cooked pork mince along the centre of the bottom part of the pastry, allowing for a 5cm border on either side.

Fold pastry over filling, fold in sides and roll to form a parcel. Brush the roll with extra butter and repeat for the remaining pastry and filling.

Bake for 25 mins or until golden. Allow to cool for 5 minutes before serving with a crisp, green salad.

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