

Helergon Kitchen

Crispy Feta Rolls – Oven Baked Delight

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Greek** Cuisine

Ingredients

Feta and Pastry

- [ ] 8 oz block feta cheese, cut into 1-inch cubes
- [ ] 1 sheet puff pastry, thawed
- [ ] 1 tbsp olive oil, for brushing

Seasoning

- [ ] 1 tsp dried thyme
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp honey, for drizzling after baking

Instructions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment.
2. Roll out the puff pastry on a lightly floured surface; cut into 4 equal squares.
3. Place a feta cube in the center of each square, sprinkle with thyme and lemon zest, then fold the corners to encase the cheese, sealing the edges.
4. Brush each roll with olive oil, place seam-side down on the sheet, and bake for 15-18 minutes, until the pastry is golden and crisp.
5. Remove from oven, drizzle with honey, let rest a minute, and serve warm.

Nutrition per serving

320 kcal	12 g	20 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pastry browns too quickly, lower the oven temperature by 10°F.
- For extra crunch, sprinkle a pinch of sea salt on top before baking.
- Try serving alongside crispy patacones for a fun texture combo.