

# Phyllo Rolls With Spicy Ground Meat Filling

## Ingredients:

Difficulty: Medium

(makes 7-8 pastries, for details about it, check the text in the blog post)

2 tbsp olive oil  
1 medium size onion, diced  
400 gr. ground beef  
1 tbsp tomato paste  
1 tsp salt  
1/2 tsp ground black pepper  
1 tsp red pepper flakes  
1 or 2 dl (or about 1/2 to 1 cup) parsley, depending on your taste, chopped  
2 tbsp water (or more, check step 10)  
4 tbsp vegetable oil (you can substitute this with olive oil)(or more, check step 10)  
1 package phyllo pastry sheets (mine had 16 sheets and was 35x45cm in size)

To put on top:

2 tbsp olive oil  
2 tsp red pepper flakes  
2 tsp dried mint  
200 gr. Turkish yogurt

## Instructions:

1. In a medium pan, put olive oil on medium high heat for about a minute, then add onions and saute for 3-4 minutes, until they are translucent.
2. Add ground beef and continue stirring and cooking.
3. When the meat is almost cooked, add tomato paste and stir.
4. When the meat is fully cooked and the liquid from the meat goes away, add salt, pepper and red pepper flakes and continue cooking and stirring for about 2 more minutes, then take it out of the heat.
5. Add parsley and mix. Put the filling aside to let it cool.
6. Preheat the oven to 180C. Prepare oven tray(s) with baking paper(s) on.
7. In a small bowl, put water and vegetable / olive oil and mix / whisk well.
8. Open the phyllo pastry package. If you are using frozen phyllo pastry, do not forget to thaw it in advance. Take 1 sheet from the pack and spread it on your counter/table. Brush gently with oil/water mixture. Put a second phyllo sheet on top and brush this one with oil/water mixture as well.

9. Close to the long side of the rectangle on your side, put a line of filling. Roll the pastry gently to make it into a tube, then roll the tube to make a spiral shape.

10. Transfer each spiral on prepared oven tray(s). Before going into the oven, brush the surface of each spiral with oil/water mixture. If the mixture you made initially is not enough, just make more mixture. Bake the pastries in the oven, in medium rack for about 20 minutes, until the surface is lightly browned. Take them out of the oven and let them cool while you prepare the topping.

11. To make the topping sauce, put olive oil in a small saucepan and warm it in medium heat. Add red pepper flakes and dried mint in hot oil and fry the spices/herbs a bit. Be careful, they may easily burn, so watch them. The idea is just to make them fragrant, not burn them. For serving, put some yogurt on each pastry and then pour some of the spicy sauce. Enjoy the pastries when they are fresh, with tea or as a main dish with some light salad.