

Puff Parcels With Vegetable And Pomegranate Hummus Filling

Ingredients:

Difficulty: Medium
(makes 16)

2 tbsp olive oil
1 medium onion, diced
1/2 yellow bell pepper, diced
1/2 red bell pepper (or use 1 whole of either colour), diced
2 small potatoes, peeled and diced
1 small eggplant, diced (I peeled in stripes)
1 medium zucchini, diced (not peeled)
1 tsp salt
1 portion pomegranate hummus (recipe is here)
16 rectangle sheets of puff pastry
3-4 egg yolks

a little bit of water in room temperature to seal the parcels

Instructions:

1. Preheat the oven to 200C. While you are cooking the vegetables according to the steps below, thaw puff pastry sheets.
2. In a large pan, put olive oil and heat it on medium high heat for about 20 seconds, then add onion and sauté for about 3 minutes, until it starts to get translucent.
3. Add bell peppers and continue to sauté for about 1-2 minutes.
4. Add potatoes and stir.
5. Add eggplant and zucchini and continue to cook, stirring frequently, until all vegetables are soft and cooked (takes about 12-15 minutes).
6. Add salt, stir and take out of the heat. Transfer to a bowl and let the mixture cool down for about 10 minutes.
7. When the mixture is cooled down, add about 1.2 dl (or 1/2 cup) of pomegranate hummus to the mixture and mix well.
8. Spread remaining hummus on pastry sheets, leaving at least half cm empty space from the edges.
9. On top of half of the each sheet, put about 2 tbsp of vegetable mixture.
10. Brush water on the edges of each sheet that you left empty. Fold the half of the sheets without vegetable mixture on top of the other half. Press the sides with your fingers to seal.
11. Transfer the parcels on an oven tray with a baking paper. Press a fork on the three sealed

edges of each parcel. This will both create a nice shape and seal the parcels better. Brush the surface of each parcel with egg yolk. Using a sharp knife, cut an x shape on the surface of each parcel, to let the steam escape from inside while baking. Put in the oven, in medium rack for about 30 minutes, until the top of each parcel gets golden. I put the tray on top rack of the oven for the last 5 minutes to get the surface more golden, you can also try that. Let the parcels cool down for at least 15-20 minutes on a wire rack before serving. Enjoy!