

Recipe

# TUNA PUFF PASTRY PIN WHEELS



SHOP NOW



DELIVERING MORE FOR LESS  
[www.1uponline.co.za](http://www.1uponline.co.za)



# Recipe

- Bakehouse Puff Pastry: ready to use.
- Canned Tuna: Packed in oil.
- Onion
- Olive Oil: For frying.
- Cheddar Cheese: Grated.
- Parsley: Flat-leaf, chopped.
- Lemon Zest: Freshly grated.
- Salt and Black Pepper: To taste.

# Method

## • Preparation:

- Preheat your oven to the 200°C.
- Remove a sheet of puff pastry from the freezer and allow it to defrost.

## • Cooking the Onions:

- Finely chop the onion.
- Heat a little olive oil in a frying pan and fry the onion until slightly caramelized. Set aside to cool.

## • Preparing the Filling:

- Drain the canned tuna and place it in a medium-sized bowl. Mash slightly to break up larger pieces.
- Add the cooked onion, grated cheese, lemon zest, and parsley. Mix well to combine.
- Season the mixture with salt and freshly ground black pepper to taste.

## • Assembling the Pinwheels:

- Spread the tuna mixture evenly over the sheet of puff pastry. Use a spatula or spoon to compact the mixture.
- Roll the pastry from the edge nearest you, rolling firmly but gently, until fully rolled.

## • Chilling and Slicing:

- Place the rolled pastry in the fridge for about 15 minutes to firm up.
- Trim the ends with a serrated knife and discard. Slice the roll into 1.5cm thick pinwheels.

## • Baking:

- Arrange the pinwheels on a baking tray lined with non-stick baking paper.
- Bake for 15–20 minutes, or until golden brown and cooked through.

## • Serving:

- Serve warm from the oven or cool to room temperature.



**SHOP NOW**



**DELIVERING MORE FOR LESS**  
[www.1uponline.co.za](http://www.1uponline.co.za)

