



Spinach and cheese torpedos

GREEN (ACT & SA) / Everyday (NSW)

Makes 10 serves

Ingredients:

- 10 x long/torpedo rolls (choose wholemeal if possible)
- 5 eggs
- 1 teaspoon dried garlic granules or 2 large minced garlic cloves
- 2 teaspoons pepper
- 1 teaspoon paprika
- 1 cup (250g) reduced fat ricotta
- 2 cups (200g) reduced fat cheddar cheese, grated
- 250g frozen chopped spinach, defrosted

Method:

1. Preheat oven to 200°C.
2. Cut a channel in the top of each roll; scoop a small amount of bread centre out.
3. In medium mixing bowl, mix eggs with garlic and spices.
4. Stir in cheeses and spinach.
5. Spoon mixture evenly into rolls.
6. Bake for 20 minutes or until golden on top.
7. Serve warm.

Variations:

- You can change the flavour and add colour by swapping ½ a cup of the spinach for ½ a cup of corn kernels or diced red capsicum.
- Make mini versions with smaller dinner rolls for a hot recess snack in winter (this recipe will fill approximately 25 dinner rolls).

Tips:

- When baked, pop in your pie warmer or very low oven to keep warm.
- Bake the rolls as soon as they're filled so you don't end up with a soggy crust.

Recipe tested by EG October 2016

Nutrition information:

Spinach and cheese torpedos	Filling per serve (100g)	Filling per 100g
Energy (kJ)	594	594
Protein (g)	13.4	13.4
Fat – total (g)	9.1	9.1
Fat – saturated (g)	5.0	5.0
Carbohydrates – total (g)	0.8	0.8
Carbohydrates – sugar (g)	0.8	0.8
Sodium (mg)	226	226