



## APPLE & MINCEMEAT PARCELS

### INGREDIENTS

- 3 dessert apples – cored and diced
- 2 teaspoons lemon juice
- 1 tablespoon mincemeat
- 1 teaspoon cinnamon
- 1 pack of **filo pastry**
- 3 tablespoons vegetable oil

### EQUIPMENT

- chopping board, sharp knife,
- mixing bowl, tablespoon,
- pastry brush, baking tray
- cooling wire

**MAKES:** 12

**PREP TIME:** 20 minutes  
15-20 minutes

**ALLERGENS:** cereals containing gluten

### METHOD

- 1** Heat the oven to 190°C/Gas 5.
- 2** Place the apples and mincemeat in a mixing bowl. Pour over the lemon juice and mix well (this will stop the apples from going brown).
- 3** Take a sheet of filo pastry and fold it in half lengthways. Brush the pastry with three brushstrokes of oil.
- 4** Place 1 tablespoon of the apple mixture on the end of the strip of pastry nearest to you. Fold over the two sides of the pastry and then roll it into a parcel.
- 5** Place parcels on a baking sheet and brush the top lightly with a little oil. Bake for 10-15 minutes until golden-brown. Place the cooked parcels on a cooling wire.
- 6** Serve warm with a sprinkling of cinnamon or icing sugar and a tablespoon natural yogurt.