



CALIFORNIA PRUNE PALMIERS

By Peter Sidwell

The kids are back to school, and looking for more nutritional snacks for their lunch box can be a struggle... we've created the perfect savoury snack that is packed with not only flavour but with lots of nutrients from the California Prunes – the kids are sure to love them, and we think the parents will too!

Prep Time: 10 minutes
Cook Time: 20 minutes
Serves: 12

Ingredients:

- 2 x 375g Puff pastry
- 1 beaten egg
- 200g Grated cheddar cheese
- 2 tbsp Nigella seeds
- 1 tbsp Fresh thyme
- 150g California Prunes chopped
- 50g Parmesan cheese



Here's How:

1. Roll out the puff pastry and brush with beaten egg.
2. Sprinkle the cheddar cheese straight onto the pastry, then scatter with nigella seeds and chopped fresh thyme.
3. Cut the California Prunes into small pieces and sprinkle over the parmesan cheese.
4. Press the mixture down with the back of a spoon, then brush the other sheet of puff pastry with some beaten egg before placing it egg side down on top of the filling. Roll the pastry in from both sides making sure you meet in the middle.
5. Chill in the fridge for 30 minutes, then cut into 2cm slices and place on a nonstick baking tray.
6. Brush with the remaining beaten egg and sprinkle with the remaining grated parmesan cheese.



7. Bake in a pre-heated oven 170 °C for 20 minutes or until golden.

Link to Website: <https://www.californiaprunes.net/recipes/prune-cheese-palmiers>