



Apple Turnovers

Ingredients:

- 1 sheet ready rolled puff pastry
- 2 large apples
- 2 tbsp sugar + extra for sprinkling
- Cinnamon (optional)
- 1 egg

Method:

Pre heat your oven to 180C.

Peel, core and roughly chop the apples.

Put the apples into a pot with 3-4 tbsp water – this stops the apples from sticking while cooking.

Add a couple of spoonfuls of sugar according to taste – you'll need extra if using cooking apples.

Add a little cinnamon to the pot of apples if using.

Cover the pot with a lid and simmer the apples for 5-10 minutes, or until they have softened.

Remove from the heat and allow to cool slightly.

Beat your egg in a small bowl with a fork.

Unroll your pastry from the box and cut into 6-8 even sized squares.

Spoon the apple mix into one corner of a pastry square up to the middle so it covers half of the pastry in a triangle shape.



Do not overfill them.

Brush the edges of your pastry square carefully with some of your egg wash.

Fold the other half of the pastry square diagonally over the apple filling so you end up with a triangle shape.

Push the edges down with a fork, going all the way around your triangle – this sticks the pastry together and seals the edges.

Make sure you keep the apple filling inside the pastry.

Cut one small whole in the top of your pastry triangle to help the hot air escape while cooking.

Repeat with the remaining pastry squares.

Put the triangles onto a lined baking tray leaving a gap in between them.

Brush with the remaining beaten egg and sprinkle with sugar.

Bake in your pre heated oven for 20 minutes, until golden brown.

NOTE – You can use different fruits such pear or mixed berries. You could also replace the fruit with some Nutella.