



Make cheese and Marmite twists

What you need

- 3 tsp Marmite
- 1 egg
- 500g puff pastry
- 150g grated Cheddar cheese
- 2 tbsp black sesame seeds
- Two bowls
- Whisk
- Rolling pin
- Knife
- Pastry brush
- Baking tray
- Baking parchment
- Wire rack

The sun is out and picnic season has begun. If you're looking for an alternative to sandwiches, this easy snack is the perfect thing to pack. These savoury pastry treats are full of flavour but simple to make and are delicious warm or cold. They only use a few ingredients and the recipe makes around 30 cheese and Marmite twists. It should take about half an hour in total.

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy



Instructions

- 1 Preheat the oven to 220°C/Gas Mark 7. Put the Marmite into a bowl and heat in the microwave for 15 seconds, until runny. Crack the egg into a bowl and whisk until it's mixed.
- 2 Roll out the pastry to the thickness of a £1 coin to make a large rectangle. Spread the Marmite over half the pastry with a knife, and scatter the cheese on top. Fold over the other half of the pastry. Roll the filled pastry out again to make a large rectangle. Brush over the egg and scatter over the sesame seeds.
- 3 Cut into ½cm-wide strips. Twist each strip and place on a lined baking tray. Bake for 15 mins, until crisp and golden, then leave to cool on a rack.

WARNING!
Ask an adult for help before you start cooking.



TOP TIP

If you don't like Marmite, swap it for chutney.

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SCAN ME