

Choco Fever Dream

Crispy Baked Feta Rolls – Easy Snack Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
6 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 200 g block feta cheese, cut into 4-inch sticks
- [ ] 1 sheet frozen puff pastry, thawed
- [ ] 2 tbsp extra-virgin olive oil, plus more for brushing
- [ ] 1 tsp fresh oregano, chopped
- [ ] 1 tsp lemon zest
- [ ] ¼ tsp red pepper flakes (optional)

Optional Add-Ins

- [ ] ½ cup chopped fresh spinach
- [ ] ¼ cup pitted Kalamata olives, sliced
- [ ] 2 tbsp sun-dried tomatoes, finely chopped

Instructions

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small bowl, combine olive oil, oregano, lemon zest, and red pepper flakes. Toss the feta sticks in this mixture so they’re lightly coated.
3. Roll out the puff pastry on a lightly floured surface and cut into four equal rectangles. Place a feta stick on each rectangle, adding any optional fillings on top.
4. Wrap the pastry around the feta, sealing the edges by pinching them together. Brush each roll with a little olive oil.
5. Arrange the rolls on the prepared sheet, leaving space between them. Bake for 18–20 minutes, or until the pastry is golden and crisp.
6. Remove from the oven, let cool for 2 minutes, then serve warm. Pair with a simple salad or enjoy straight from the tray.

Nutrition per serving

260 kcal	9 g	12 g	20 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pastry feels too soft while wrapping, chill the rolls for 10 minutes before baking.
- For extra flavor, drizzle a little honey over the warm rolls just before serving.
- These rolls reheat well in a 350°F oven for about 8 minutes, retaining crispness.