

Zucchini Bread Recipes

Crispy Feta Rolls – Oven Baked Delight

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 (200 g) block feta cheese, crumbled
- [ ] 1 sheet puff pastry, thawed
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried thyme
- [ ] Zest of 1 lemon
- [ ] Pinch of sea salt (optional)

Optional Finish

- [ ] 1 tsp honey
- [ ] Fresh cracked black pepper

Instructions

1. Preheat the oven to 200 °C (390 °F). Line a baking sheet with parchment paper.



2. Roll out the puff pastry on a lightly floured surface and cut into four long strips.



3. Brush each strip lightly with olive oil, then sprinkle oregano, thyme, and lemon zest evenly.



4. Place a generous mound of crumbled feta in the center of each strip, then roll tightly, sealing the seam with a fork.



5 Arrange the rolls seam-side down on the prepared sheet, brush the tops with a little more olive oil, and bake for 12-15 minutes, until golden and crisp.



6 If using honey, drizzle over the warm rolls, sprinkle with cracked pepper, and serve immediately.



Nutrition per serving

260 kcal	10 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The feta will soften as it bakes; avoid over-mixing the crumble to keep some texture.
- For extra aroma, add a pinch of smoked paprika to the herb mixture.
- If the rolls brown too quickly, lower the oven temperature to 190 °C (375 °F).