

# EPIC CRISPY SNACKS 3 WAYS

## BAKED SPINACH & FETA BREAD POCKETS

Makes 12

Hands-on time: 20 minutes

Hands-off time: 15 minutes

### INGREDIENTS

12 slices SASKO Low GI Whole Wheat Brown Bread

½ tsp each salt and pepper

½ tsp paprika

1 tsp vegetable oil

2 cloves garlic, crushed

4 cups baby spinach

1 cup crumbled feta

2 large eggs, beaten

### Serving suggestion:

Sweet chilli sauce

Fresh mixed herbs

### METHOD

#### For the breadcrumbs:

1. Prepare the breadcrumbs by toasting the SASKO Low GI Whole Wheat Brown Bread in the toaster on low heat. Toast the bread, two slices at a time, until lightly browned and dry all the way through. *\*Chef's Tip: Each slice may need to be toasted more than once.*
2. Cool the pieces of toast for 5 minutes on a wire rack.
3. Using a plastic sandwich bag and rolling pin, lightly bash the toasted bread slices into fine crumbs. Season the breadcrumbs with salt, pepper and paprika and set aside.

#### For the filling:

4. Preheat the oven to 180°C and line a baking tray with baking paper.
5. Over medium heat, add the oil to a medium-sized pan. Add the garlic and spinach and sauté for 4-5 minutes or until the spinach has wilted. Remove the pan from the heat.
6. Add the feta to the spinach and mix using a spatula.

#### To assemble:

7. Remove the crusts from the bread, creating a square shape. *Chef's Tip: Save these for another Foodies of SA recipe!*
8. Use a rolling pin to roll out each crustless bread slice. Wet fingers with water and brush over the edges of the bread slices. Place a tablespoon of spinach and feta filling into the middle of each slice of bread and fold the bread diagonally over itself, corner to corner. Press down the edges to seal, making a samoosa-type triangle. Dip each triangle in the beaten egg, followed by the homemade breadcrumbs and place spaced out on the prepared baking tray.
9. Spray a light layer of non-stick cooking spray over the top of the pockets and bake for 10-15 minutes until golden brown and crispy.
10. Serve on a platter with sweet chilli sauce and fresh herbs and ENJOY!

## CRUMBED MUSHROOM SOSATIES

Makes 8 Skewers

Hands-on time: 20 minutes

Hands-off time: 15 minutes

### INGREDIENTS

8 slices SASKO Premium Slices Brown Bread

1½ tsp each salt and pepper

3 tsp dried thyme

2¾ cups mayonnaise

1 clove garlic, crushed

48 brown button mushrooms

### Serving suggestion:

Fresh thyme sprigs

Rocket

Fresh lemon wedges

### METHOD

#### For the breadcrumbs:

1. Prepare the breadcrumbs by toasting the SASKO Premium Slices Brown Bread in the toaster on low heat. Toast the bread, two slices at a time, until lightly browned and dry all the way through. *\*Chef's Tip: Each slice may need to be toasted more than once.*
2. Cool the pieces of toast for 5 minutes on a wire rack.
3. Using a plastic sandwich bag and rolling pin, lightly bash the toasted bread slices into fine crumbs. Season the breadcrumbs with 1 teaspoon each salt, pepper and 2 teaspoons of thyme and set aside.

#### For the dipping sauce:

4. In a ramekin, combine ¾ cup of mayonnaise with the garlic, 1 teaspoon dried thyme, ½ teaspoon each salt and pepper and stir to combine.

#### For the mushrooms:

5. Preheat the oven to 180°C and line 2 baking trays with baking paper.
6. In a large mixing bowl, add the mushrooms and 2 cups of mayonnaise and stir until the mushrooms are well coated.
7. Roll each mushroom through the breadcrumbs, ensuring they are well coated. Gently add 6 breaded mushrooms onto each skewer and place onto the prepared baking tray. *\*Chef's Tip: Freeze the leftover breadcrumbs for your next Foodies of SA recipe!*
8. Bake for 10-15 minutes until golden brown and crispy. Remove the baking trays from the oven and transfer the mushrooms to a serving platter.
9. Garnish with fresh thyme. Serve with rocket, lemon wedges and the prepared garlic mayo and ENJOY!

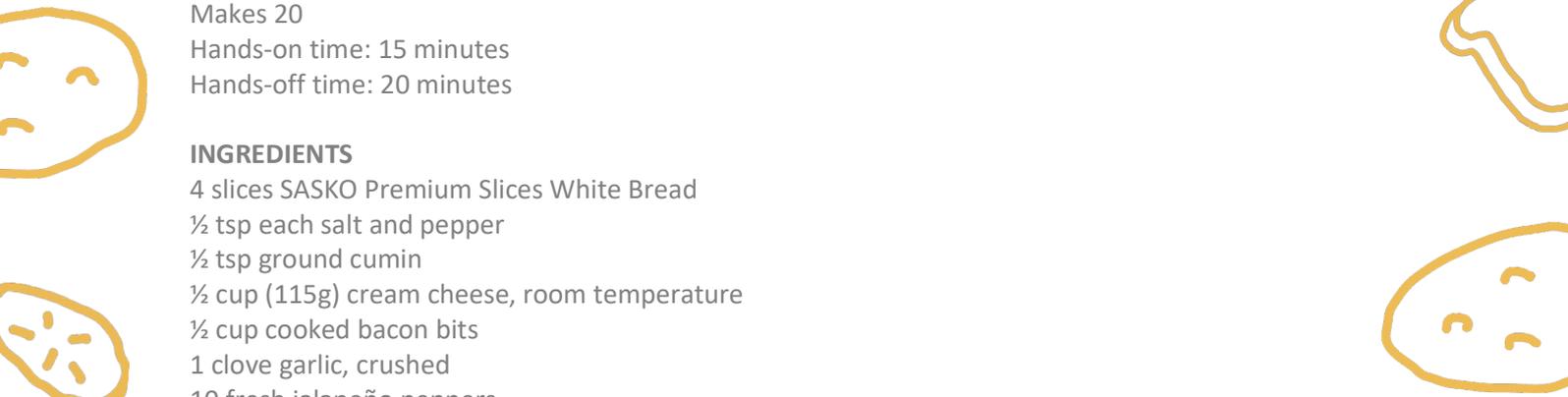


## BACON JALAPEÑO POPPERS

Makes 20

Hands-on time: 15 minutes

Hands-off time: 20 minutes



### INGREDIENTS

4 slices SASKO Premium Slices White Bread

½ tsp each salt and pepper

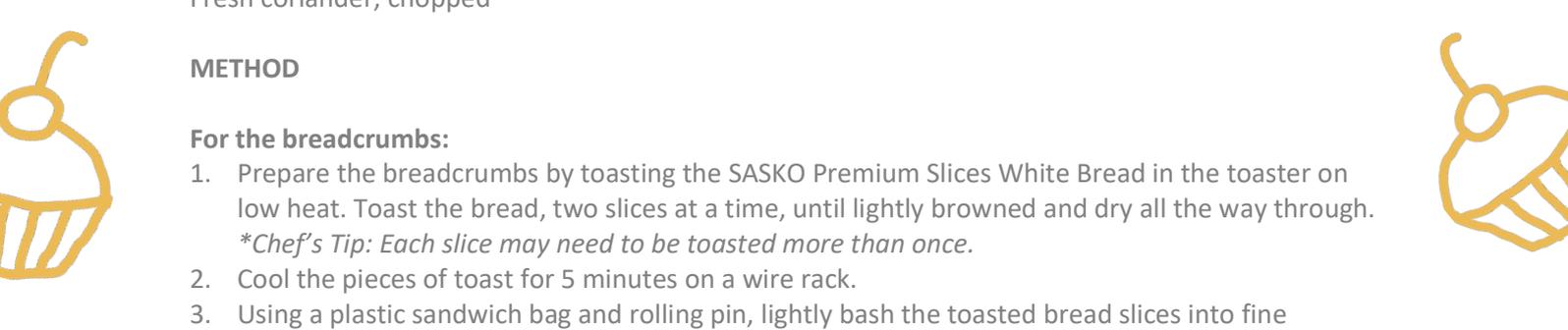
½ tsp ground cumin

½ cup (115g) cream cheese, room temperature

½ cup cooked bacon bits

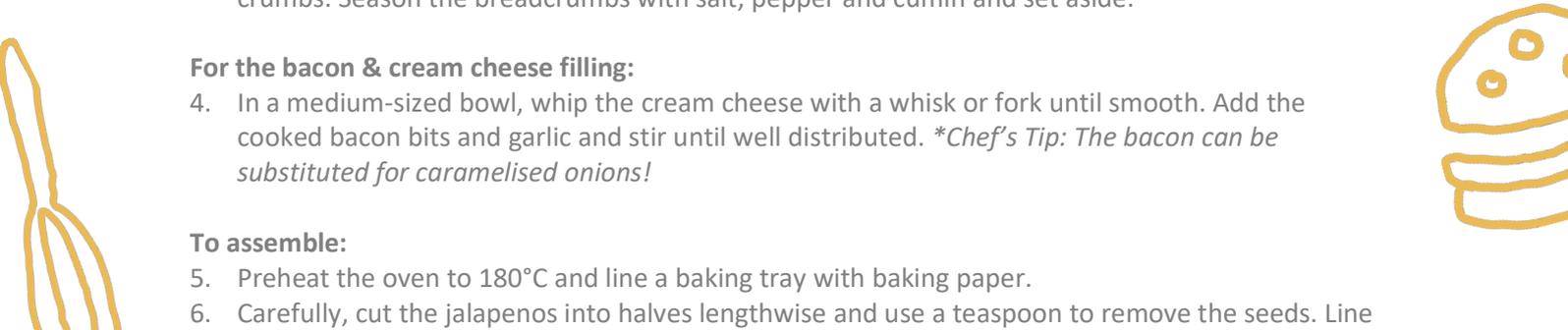
1 clove garlic, crushed

10 fresh jalapeño peppers



### Serving suggestion:

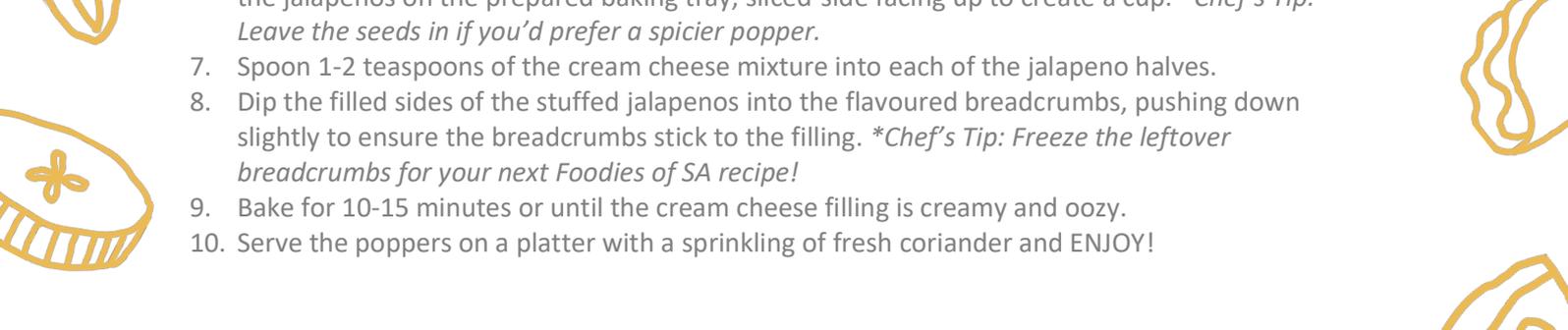
Fresh coriander, chopped



### METHOD

#### For the breadcrumbs:

1. Prepare the breadcrumbs by toasting the SASKO Premium Slices White Bread in the toaster on low heat. Toast the bread, two slices at a time, until lightly browned and dry all the way through. *\*Chef's Tip: Each slice may need to be toasted more than once.*
2. Cool the pieces of toast for 5 minutes on a wire rack.
3. Using a plastic sandwich bag and rolling pin, lightly bash the toasted bread slices into fine crumbs. Season the breadcrumbs with salt, pepper and cumin and set aside.



#### For the bacon & cream cheese filling:

4. In a medium-sized bowl, whip the cream cheese with a whisk or fork until smooth. Add the cooked bacon bits and garlic and stir until well distributed. *\*Chef's Tip: The bacon can be substituted for caramelised onions!*



#### To assemble:

5. Preheat the oven to 180°C and line a baking tray with baking paper.
6. Carefully, cut the jalapenos into halves lengthwise and use a teaspoon to remove the seeds. Line the jalapenos on the prepared baking tray, sliced-side facing up to create a cup. *\*Chef's Tip: Leave the seeds in if you'd prefer a spicier popper.*
7. Spoon 1-2 teaspoons of the cream cheese mixture into each of the jalapeno halves.
8. Dip the filled sides of the stuffed jalapenos into the flavoured breadcrumbs, pushing down slightly to ensure the breadcrumbs stick to the filling. *\*Chef's Tip: Freeze the leftover breadcrumbs for your next Foodies of SA recipe!*
9. Bake for 10-15 minutes or until the cream cheese filling is creamy and oozy.
10. Serve the poppers on a platter with a sprinkling of fresh coriander and ENJOY!