



Almond & honey pastries with orange cream

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



393 kcal

SIDE DISH

Ingredients

- ☐ 200 g almond flour whole toasted roughly chopped
- ☐ 85 g powdered sugar
- ☐ 85 g butter melted
- ☐ 2 tsp orange-flower water
- ☐ 1 tsp cinnamon
- ☐ 1 egg yolk
- ☐ 190 g puff pastry
- ☐ 12 servings clear honey

- ☐ 1 orange zest
- ☐ 300 g greek yogurt
- ☐ 300 ml double cream
- ☐ 2 tbsp powdered sugar sifted

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Set aside a quarter of the almonds.
- ☐ Put the rest in a food processor with the icing sugar, half the butter, orange blossom water, cinnamon and egg yolk. Whizz to a paste.
- ☐ Scrape into a bowl and stir in most of the remaining chopped nuts.
- ☐ Unroll one sheet of brik pastry at a time, brush all over with melted butter and halve into 2 semi-circles. Shape 1 heaped tbsp of the nut mixture to look like a thin wedge shape along half the pastry edge youve just cut (leaving 2.5cm border on the rounded side), so it looks as if youre cutting the semi-circle of pastry into pieces like a cake.
- ☐ Roll up like a pastry cone, sealing the nut mixture inside, then brush all over with more butter and fold over the open, wide end to seal. Sit on a baking tray, end flap side down to help it stay closed, and repeat until nut mixture is used up. Cover with cling film and chill. Put zest, yogurt, cream and icing sugar in a mixing bowl. Cover and chill.
- ☐ Heat oven to 200C/180C fan/gas 6, put the pastries in and bake for 15 mins until golden and crisp. Just before theyre ready, beat together the yogurt mixture until thick. Pile pastries onto a serving dish, drizzle with honey and scatter with remaining nuts.
- ☐ Serve with the orange cream and Honeyed orange & grapefruit (see 'Goes well with').

Nutrition Facts



 **PROTEIN 8.17%**  **FAT 65.38%**  **CARBS 26.45%**

Properties

Glycemic Index:13.61, Glycemic Load:6.88, Inflammation Score:-4, Nutrition Score:4.9069565482762%

Nutrients (% of daily need)

Calories: 393.31kcal (19.67%), Fat: 29.6g (45.54%), Saturated Fat: 11.71g (73.17%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 24.71g (8.99%), Sugar: 16.25g (18.05%), Cholesterol: 61.1mg (20.37%), Sodium: 101.98mg (4.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.64%), Selenium: 8.1µg (11.56%), Vitamin A: 574.33IU (11.49%), Vitamin B2: 0.18mg (10.47%), Fiber: 2.24g (8.96%), Calcium: 88.85mg (8.89%), Phosphorus: 66.27mg (6.63%), Iron: 1.18mg (6.56%), Manganese: 0.12mg (6.22%), Vitamin B1: 0.08mg (5.19%), Folate: 17.96µg (4.49%), Vitamin B12: 0.26µg (4.28%), Vitamin B3: 0.75mg (3.76%), Vitamin K: 3.93µg (3.74%), Vitamin E: 0.53mg (3.53%), Vitamin D: 0.48µg (3.22%), Zinc: 0.34mg (2.27%), Potassium: 79mg (2.26%), Vitamin B5: 0.21mg (2.1%), Magnesium: 7.75mg (1.94%), Vitamin C: 1.55mg (1.88%), Vitamin B6: 0.04mg (1.87%), Copper: 0.03mg (1.55%)