



Ham, cheese & mushroom turnovers

READY IN



100 min.

SERVINGS



4

CALORIES



961 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 ml milk
- ☐ 1 tbsp flour mixed for dusting
- ☐ 140 g mushrooms cut into quarters
- ☐ 1 tbsp olive oil
- ☐ 140 g ham chopped
- ☐ 85 g cheese (with your taste buds), cut into small pieces leftover
- ☐ 1 tbsp herbs like: thyme chopped well
- ☐ 500 g puff pastry
- ☐ 1 egg beaten

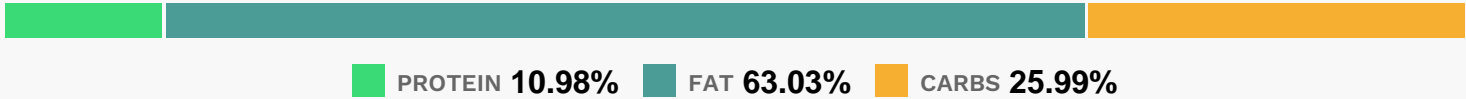
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ The first thing to do is to make a thick white sauce that will be the base of the turnover filling. Bring the milk to a simmer, then add the butter and flour paste.
- ☐ Whisk the paste into the simmering milk and allow it to boil for 3–4 mins, whisking gently all the time to prevent it from catching. You should now have a very thick white sauce. Cool the sauce in a bowl. Fry the mushrooms in the oil for 3–5 mins until golden, then leave to cool.
- ☐ Place the ham, cheese and mushrooms into a bowl, then gradually add the white sauce until everything is well coated. Finally, add the herbs.
- ☐ Roll out the pastry on a floured surface to about the thickness of a 1 coin and cut out 4 saucer-size rounds (about 18cm wide), re-rolling the trimmings if you need to.
- ☐ Brush the edges of each round with beaten egg. Spoon the mixture onto 1 side of each round, then fold over and seal the edges well. The turnovers can now be frozen for up to 1 month.
- ☐ Brush the turnover with the remaining egg, then chill for 30 mins.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place the turnovers on a baking sheet and bake for about 35 mins until puffed up and golden. Leave to cool slightly and enjoy warm.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:33.1, Inflammation Score:-6, Nutrition Score:23.132608641749%

Nutrients (% of daily need)

Calories: 960.73kcal (48.04%), Fat: 67.48g (103.81%), Saturated Fat: 20.27g (126.71%), Carbohydrates: 62.6g (20.87%), Net Carbohydrates: 60.3g (21.93%), Sugar: 4.84g (5.38%), Cholesterol: 91.61mg (30.53%), Sodium: 907.71mg (39.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.9%), Selenium: 52.71µg (75.29%), Vitamin B1: 0.8mg (53.21%), Vitamin B2: 0.82mg (47.95%), Vitamin B3: 8.25mg (41.23%), Phosphorus: 367.11mg (36.71%), Manganese: 0.67mg (33.5%), Folate: 118.63µg (29.66%), Vitamin K: 29.51µg (28.1%), Calcium: 254.78mg (25.48%), Iron: 4.06mg (22.57%), Zinc: 2.87mg (19.12%), Copper: 0.31mg (15.36%), Vitamin B12: 0.91µg (15.15%), Vitamin B6: 0.27mg (13.58%), Potassium: 422.57mg (12.07%), Vitamin B5: 1.19mg (11.92%), Magnesium: 46.01mg (11.5%), Vitamin E: 1.63mg (10.86%), Vitamin A: 461.08IU (9.22%), Fiber: 2.3g (9.2%), Vitamin D: 1.37µg (9.14%), Vitamin C: 1.02mg (1.23%)