

**Gluten Free Cheese & Spring Onion Pasty  
Recipe shared courtesy of Rebecca Kibbler**

**Ingredients**

-Ready Rolled Pastry Sheet  
-3 Medium Potatoes  
-6 Spring Onions  
-Salt  
-Grated Cheese

**Recipe**

Peel & chop 3 potatoes and boil until soft

Finley chop 6 spring onion – you can cook these in the oven to soften beforehand if you desire. If you choose to do this wrap your chopped onions in silver foil (shiny side facing inwards), and add a small dollop of butter. Cook for about 10-15 minutes until soft. If you choose not to cook your onions beforehand chop them finely so they cook evenly inside your pastry.

Using a fork mash your potatoes to your desired consistency (note, do not add any milk or butter as this will make your pasty filling too wet and your pastry will become soggy), and add salt to taste and any other desired seasoning.

Add your chopped onions and grated cheese to your potato and mix well.

Shape your pastry as desired, and add your filling. Fold your pastry over and seal around the edges using a small amount of water. If you desire you can add a milk or egg glaze to your pastry before baking in the oven

Place your pasty in the centre of the oven and bake on a medium heat for about 45 minutes, or until golden brown. Check back regularly to make sure that it isn’t burning.

When cooked serve & enjoy! This pasty can be eaten either hot or cold.