

Buttery Spinach and Cheese Puff Pastry Pockets - Your New Go-To Snack

Spinach and Cheese Stuffed Puff Pastry ???



OVEN
375°F

TIME
25 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Filling:

2 cups fresh spinach (or 1 cup frozen, thawed and squeezed dry)

1 cup shredded mozzarella cheese

$\frac{1}{2}$ cup ricotta cheese (or cream cheese)

$\frac{1}{4}$ cup grated Parmesan cheese

1 clove garlic, minced

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp black pepper

$\frac{1}{2}$ tsp red pepper flakes (optional)

1 tsp olive oil

For the Pastry:

1 sheet puff pastry (thawed if frozen)

1 egg

1 tbsp milk

Black sesame seeds or chili flakes (optional garnish)

DIRECTIONS

1. Prepare the Filling: Heat olive oil in a skillet over medium heat. Add the minced garlic and sauté for 30 seconds until fragrant. Add the spinach and cook until wilted (or just heat briefly if using thawed frozen spinach). Remove from heat and cool slightly.
2. In a mixing bowl, combine the spinach with mozzarella, ricotta, Parmesan, salt, pepper, and red pepper flakes. Mix until well blended.
3. Prepare the Pastry: Preheat oven to 375°F (190°C). Roll out the thawed puff pastry sheet on a lightly floured surface.
4. Spoon the spinach-cheese mixture into the center, leaving a border around the edges (about 1 inch).
5. Seal and Assemble: Fold the pastry over the filling—either into a rectangle or triangle. Press edges firmly with a fork to seal.
6. Transfer to a parchment-lined baking sheet.
7. Brush and Garnish: In a small bowl, whisk together the egg and milk to make an egg wash. Brush this over the pastry for that golden-brown finish.
8. Sprinkle sesame seeds or chili flakes for an optional flavor and texture boost.
9. Bake: Bake for 20-25 minutes, or until puffed and deeply golden. Let cool slightly before slicing.

TIPS FOR SUCCESS

Thaw your puff pastry in the fridge, not the counter—it prevents sticking.

Squeeze out all liquid from frozen spinach to avoid soggy pastry.

It makes sealing tricky and can cause leakage.

Add chopped sun-dried tomatoes or sautéed mushrooms for extra flavor.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/buttery-spinach-and-cheese-puff-pastry-pockets-your-new-go-to-snack/>