



Honey & Co.

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at home

Middle Eastern recipes from our kitchen





Spiced butternut squash phylas

Makes about 20

1 packet of filo pastry
100g/3½oz melted butter

For the filling

4 tbsp olive oil
a 5-cm/2-inch cinnamon stick

1 small whole dried chilli or a
pinch of chilli flakes

2 long shallots or 1 small red
onion, peeled and chopped
(about 100g/3½oz)

1 butternut squash
(about 600–700g/1lb 5–9oz),
peeled and grated
(yielding about 500g/1lb 2oz)

a pinch of salt

1 tsp ground cumin

1 tsp ground coriander

6 sage leaves, finely chopped

1 tbsp honey

60g/2¼oz feta, crumbled

1. Heat the olive oil in a frying pan on a medium heat. Add the cinnamon stick and whole chilli or chilli flakes, followed by the chopped shallots or onion and fry for about 1 minute before adding the grated butternut squash and salt. Stir around and cook until the butternut softens. This will take about 10 minutes.

2. Stir in the ground cumin and coriander, then fry for 30 seconds before removing the pan from the heat. Add the chopped sage and honey, and mix well. Allow to cool before removing the cinnamon stick and whole dried chilli (if using), and stirring in the crumbled feta.

3. Heat your oven to 220°C/200°C fan/425°F/gas mark 7 and line a baking tray with baking paper.

4. Open the filo packet on the work surface and lay it so that the pastry is folded in half with the narrow end of the rectangle closest to you. Pull out two sheets at a time and brush the top sheet with melted butter. Spoon pumpkin filling in a thin line along the closest edge of the filo and roll up loosely to form a 'snake'. Cut away the unused pastry just above the 'snake'. Roll the 'snake' into a 'snail', tucking the end underneath, and place on the baking tray. Continue filling and rolling the remaining part of the filo until it is used up, then pull out a new pair of sheets and start again.

5. Repeat again and again until all the filling is used up. Brush the remaining butter on the tops of the phylas. You can now bake them for 12–14 minutes, or until golden all over. Alternatively, you can keep the 'snails' in the fridge for up to 24 hours before baking.