

Foodnity Recipes

Chili Honey Feta Rolls

A quick, healthy snack of flaky pastry, melty feta, and a sweet-spicy honey glaze.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 8 sheets phyllo pastry (or 1 roll puff pastry), thawed
- [ ] 200 g feta cheese, crumbled
- [ ] 2 tbsp honey
- [ ] ½ tsp red chili flakes
- [ ] 1 tbsp fresh lemon juice
- [ ] 2 tbsp olive oil, plus extra for brushing

Optional Garnish

- [ ] Fresh chopped parsley
- [ ] A pinch of sea salt

Instructions

1. Preheat the oven to 180°C (350°F). Lightly brush a baking sheet with olive oil.
2. Lay one sheet of phyllo on the work surface, brush with olive oil, and repeat until you have four layered sheets.
3. Evenly sprinkle crumbled feta over the layered pastry, leaving a small border at the edges.
4. Roll the pastry tightly, slice into 8 equal pieces, and place them on the prepared baking sheet.
5. Brush the tops with a little more olive oil and bake for 15-18 minutes, until golden and crisp.
6. While the rolls bake, warm honey, chili flakes, and lemon juice in a small pan over low heat until just bubbling; watch closely – it can caramelise quickly.
7. Remove the rolls from the oven, drizzle the warm honey-chili glaze over them, and sprinkle with parsley and a pinch of sea salt if desired.

Nutrition per serving

280 kcal	8 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using puff pastry, slice the rolled dough before baking to keep layers intact.
- Honey can darken rapidly; keep the heat low and remove from stove as soon as it bubbles.
- For extra crunch, toast the rolls a minute longer after glazing.