

Foodnity Recipes

Turkey Asparagus Puff Pastry Bundles

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

Ingredients

Filling

- [ ] 2 cups cooked turkey breast, diced
- [ ] 1 bunch fresh asparagus, trimmed and cut 1-inch
- [ ] ½ cup grated Gruyère cheese
- [ ] 1 tsp lemon zest
- [ ] ½ tsp smoked paprika (optional)
- [ ] Salt and pepper to taste

Pastry

- [ ] 1 package frozen puff pastry sheets (2 sheets), thawed
- [ ] 1 tbsp olive oil (or melted butter) for brushing

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a bowl, combine diced turkey, asparagus pieces, grated cheese, lemon zest, smoked paprika, salt and pepper. Mix gently.
3. Roll out each puff pastry sheet and cut into 4-inch squares. Place about 2-3 tbsp of filling in the center of each square.
4. Fold the corners over the filling to form a tight bundle, pinching the edges to seal. Place bundles seam-side down on the prepared sheet.
5. Brush each bundle with olive oil or melted butter. Bake for 18-20 minutes, until puffed and golden.
6. Remove from oven, let cool for 2 minutes, then serve warm.

Nutrition per serving

280 kcal	18 g	22 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer crust, brush with melted butter instead of olive oil.
- For a vegetarian version, substitute turkey with sautéed mushrooms and add a splash of vegetable broth.
- The bundles are excellent for brunch gatherings; they stay crisp for up to an hour if kept on a wire rack.