



SPINACH STRUDEL (THERMOMIX®)



QimiQ BENEFITS

- Full flavor with less fat
- Fillings stay juicy longer
- Binds liquid, doughs stay dry and fresh longer
- Problem-free reheating possible



Tips

Serve with a crisp salad.

INGREDIENTS FOR 1 STRUDEL(S)

FOR THE DOUGH

200 g Weizenmehl, glatt und etwas mehr zum Bemehlen

125 g Water, lukewarm

1 tbsp Sonnenblumenöl und etwas mehr für die Hände

1 pinch(es) Salt

FOR THE FILLING

125 g QimiQ Sauce Base

30 g Olive oil

1 Garlic clove(s), halved

300 g Spinat, tiefgekühlt, aufgetaut, abgetropft
Pepper, ground

1 pinch(es) Nutmeg, ground
Salt

40 g Dried tomatoes, gehackt (6 Sek./Stufe 8)

200 g Feta cheese, mit den Händen zerbröselt

FURTHER

60 g Pine nuts, roasted

Butter, to brush

METHOD

1. For the dough: put flour, water, sunflower oil and 1 pinch of salt in the mixing bowl and knead for 2 minutes. Transfer dough to a piece of plastic wrap, form into a ball with oily hands, wrap and let rest at room temperature (20-22 °C) for at least 30 minutes. Rinse mixing bowl.
2. For the filling: Add the olive oil and garlic to the mixing bowl and chop for 3 sec./speed 8. Add remaining ingredients and mix 3 sec./speed 4.5.
3. After the resting time, roll out the dough ball on a well-floured strudel cloth with a rolling pin until about 3 mm thin and let it rest for 5-10 minutes.
4. Meanwhile, preheat the oven to 180 °C (convection oven). Cover a baking tray with baking paper.
5. Extend the strudel dough with the backs of your hands until wafer-thin. Spinach mass on the dough give, leaving 4 cm edge free and sprinkle with pine nuts.
6. Fold in the side edges and roll up the strudel with the help of the cloth. Strudel with the dough seam down slide onto the prepared baking sheet. Brush the strudel with a little melted butter and bake for 30-35 minutes until golden brown.