

Low FODMAP Turkey, Brie & Cranberry Filo Pastries

Serves: 10

Prep: 10 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
1¾ cups cooked turkey, skinless, finely chopped	300 g	10.6 voz
Brie cheese, cut into small cubes	200 g	7.1 oz
6 tbsp cranberry sauce (recipe below)	126 g	4.4 oz
4½ tbsp mayonnaise (recipe below)	54 g	1.9 oz
¾ cup chives, finely chopped	45 g	1.6 oz
¾ cup roasted walnuts, finely chopped	84 g	3 oz
10 sheets filo pastry		
Olive oil spray		

Method

1. Preheat oven to 180°C/356°F.
2. Mix the turkey, cheese, cranberry sauce, chives, walnuts and mayonnaise in a bowl, season to taste with salt and pepper.
3. Line a flat baking sheet with non-stick paper and spray lightly with olive oil.
4. Cut filo sheets in halves lengthwise and cover with a slightly damp tea towel. On a flat workbench lay out one oblong, spray the edges with olive oil, place the filling (40g) at the base and fold repeatedly into triangles. Place on the tray and spray the top with olive oil. Repeat until all the filling is used.
5. Bake in oven for 15-20 minutes until golden. Briefly slide onto absorbent paper to absorb excess oil and serve hot or warm.

Hints

- [Low FODMAP cranberry sauce recipe](#)
- [Low FODMAP mayonnaise](#)
- Use chicken instead of turkey and pecans instead of walnuts.
- Make smaller bite sized or larger (1 sheet filo) parcels if you wish.

Nutrition Information (per serve)	
Energy	1130 Kj / 270 cal
Protein	15.90g
Carbohydrates	18.60g
Sugar	5.20g
Total Fat	14.50g
Saturated Fat	4.40g
Fibre	1.50g