



## Cheese - and vegetable - sticks in phyllo dough

### Ingredients (four servings)

- 5,29 oz (150g) Bergland Bavarian Swiss Wild Garlic & Herbs
- 1 package phyllo dough
- 2 green zucchini
- 2 yellow zucchini
- 1 egg yolk
- 2 tbsp. (2 EL) fresh ginger
- 2 tbsp. (2 EL) canola oil
- 1 tbsp. (1 EL) honey
- Salt, pepper, chili rasp



### Preparation:

- Let the phyllo dough defrost slowly in the refrigerator.
- Cut the cheese in fine spikes.
- Wash green and yellow zucchini, halve them and cut them in fine spikes.
- Skin the ginger and cut them in fine cubes.
- Mix all ingredients, season with canola oil, honey, salt, pepper and chili rasp.
- Put a handful of the ingredients on a halve phyllo dough and spread the borders with egg yolk.
- Form the dough into a roll and then bake it in the hot canola oil for about 3 to 5 minutes.

### Tip:

The sticks are a little snack, as well as a crispy side of salad and soup. If you like a dip, you can use commercially chicken-chili-sauce or a pesto with parsley and lemon. On this mash 2 tbsp. (2 EL) oil, 1 tbsp. (1 EL) lemon juice, 1/8 oz (1 TL) honey and 3 tbsp. (3 EL) plucked parsley.

Preparation time: 20 minutes

**Nutrition facts (per serving):**

- calories: 615 kcal / 2570 kJ
- proteins: 12 g
- fat: 24 g
- carbohydrates: 74 g