

Savory Vegetable Strudel

Recipe By *Faigy Grossman*



Cooking and Prep:  2
h 50 m

Serves:  8

Contains:    

Preference: Parve

Difficulty: Easy

Occasion: Rosh Hashanah,
Sukkot

Diet: Vegetarian, Pescetarian

Source: Family Table by
Mishpacha Magazine

The combination of vegetables in this flaky strudel will whet any appetite at your seudah table. Light and delicious, this is a wonderful and tasty side to add to your Yom Tov repertoire!

Ingredients (14)

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- oil, for sautéing
- 1 large onion, diced
- 1 (8-oz./225-g.) box baby bella mushrooms, cleaned and diced
- 8 ounces (225 grams) green cabbage, shredded

- 1 red pepper, diced
- 1/2 a green pepper, diced
- 1 carrot, grated
- 1 cube **Dorot Gardens Frozen Parsley**
- 1 teaspoon salt
- 1/2 – 3/4 teaspoon black pepper, to taste
- 1 tablespoon onion soup mix
- 1 sheet **Gefen Puff Pastry**, defrosted
- 1 egg, beaten
- sesame seeds, for sprinkling

Start Cooking

Make the Strudel

1. In a large frying pan, sauté onion until golden. Add mushrooms and sauté until beginning to soften. Add remaining vegetables and continue to sauté, stirring often, until mixture is soft. Stir in salt, pepper, and onion soup mix. Set aside to cool.
2. Preheat oven to 350°F (180°C). Roll out dough to a rectangle, approximately 10x16 inches (25x40 centimeters). Spoon filling over dough and spread out over surface. Carefully begin to roll dough in the length, pinching two ends together along the way so that the filling does not escape.
3. Using a large spatula, transfer strudel to Gefen Easy Baking Parchment Paper-lined baking sheet. Brush with beaten egg and sprinkle with sesame seeds. Bake for 35 minutes, or until dough turns a golden brown.

Credits

Photography: Moishe Wulliger

Styling: Renee Muller