

Bite Spoon

Crispy Feta Rolls – Oven-Baked Snack

10 min Prep time	**20 min** Cook time	**30 min** Total time
6 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 200g block feta cheese, crumbled
- [ ] 6 sheets phyllo dough
- [ ] 3 tbsp unsalted butter, melted
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp fresh oregano, chopped (optional)
- [ ] Freshly ground black pepper, to taste

Instructions

1. Preheat the oven to 200°C (390°F). Line a baking sheet with parchment.
2. Brush a phyllo sheet with melted butter, place another sheet on top, and repeat until you have three layers.
3. Evenly scatter crumbled feta on the phyllo, sprinkle lemon zest, oregano, and a pinch of pepper.
4. Roll the layered phyllo tightly, slice into 1-inch rounds, and place on the prepared sheet.
5. Brush the tops with more butter and bake for 15-20 minutes, until golden and crisp.

Nutrition per serving

210 kcal	9 g	8 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the feta releases too much moisture, pat it dry with paper towels before layering.
- For extra crunch, sprinkle a tiny pinch of sea salt on top before baking.
- Serve warm; they lose crispness as they cool.