

**OVERALL time: 90 mins**

## AIR FRIED PIZZA POCKETS

Craving a quick, delicious snack? These air-fried pizza pockets are your answer! Enjoy a crispy, golden crust filled with gooey cheese and savory toppings, all made healthier with the air fryer. Perfect for lunch, a snack, or anytime you need a tasty treat in a flash!

Metric

**Number of servings : 8**

### ingredients

**For the pockets**

- 400 g store-bought puff pastry, thawed
- 3 Tbsp olive oil
- 140 g high quality tomato paste
- 1 tsp sugar
- 200 ml water
- 1 tsp **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 100 g pepperoni or salami / cured meat of choice
- 150 g mozzarella, grated
- 50 g parmesan, grated
- 1 large egg
- 1 Tbsp milk

### THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 30 mins | COOKING TIME: 60 mins**

Place rolled out, thawed puff pastry on a clean work surface. Cut each sheet into 10 rectangles. Every brand of puff pastry is slightly different so cut pockets according to the size of your pastry. The average 400g roll should give you 10 rectangles sized 11cm x 8.5cm. Place prepared rectangles onto baking trays lined with baking paper and keep in the fridge.

Heat olive oil in a small frying pan. Add sliced garlic and cook until fragrant and just beginning to toast. Add tomato paste and cook for a few minutes until it turns a deep red brick colour. Pour in the water and mix vigorously to emulsify. Simmer for two minutes. Add in the sugar and **Cape**

**Herb & Spice Mediterranean Style Roasts Seasoning.** Switch off the heat and set sauce aside.

Slice pepperoni into halves or quarters. Combine mozzarella and parmesan. Beat egg and milk well to form an egg wash.

Set up a station with all your ingredients so that you can work quickly with the pastry.

Remove pastry from the fridge and work with 10 rectangles that will be the bases. Brush the edges with egg wash.

Spread a little layer of tomato sauce on the pastry followed by a layer of cheese and pepperoni. Add another few dollops of sauce and then sprinkle on some more cheese.

Place the other 10 rectangles of pastry on top. Gently but firmly press down and seal the edges, removing as much air as possible.

Trim the edges neatly with a knife.

Place pizza pockets on a baking tray lined with baking paper.

Brush tops with egg wash. Sprinkle each one with a little **Cape Herb & Spice Mediterranean Style Roasts Seasoning**. Poke / slice three little air holes into each pastry.

Place in the fridge and chill for at least 15 minutes. *Do not skip this step - the pastry needs to chill again to rise nicely.*

Preheat air fryer to 170°C.

Transfer 4 pizza pockets at a time to the airfryer and air fry for 15 minutes until deeply golden and cooked through.

Turn the pastries over and air fry for a further 3 minutes to crisp up the bases.

Place remaining tomato sauce in a little bowl.

Serve pizza pockets warm with the sauce for plenty of dipping and dunking

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://mail.capeherb.co.za>  
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