

# SPANAKOPITA



## QUICK

15 minutes  
prep time plus  
cooling and  
cooking time

## HEALTHY

100g cooked spinach provides 210%  
of your RDA of Vitamin A and 617%  
Vitamin K. They are both fat soluble  
vitamins, so the feta and olive oil will  
aid absorption

## FAMILY



Makes 7

## MEALS

Serve with a  
Greek Salad and  
boiled potatoes

## INGREDIENTS

- 1 kg fresh spinach
- 50g fresh parsley
- 1 large onion
- 2 garlic cloves
- 3 eggs
- 300g feta
- Salt and pepper
- 7 sheets filo pastry
- 2 tbs black sesame seeds
- Olive oil for brushing

## METHOD

- 1) Put the oven on to 180°C
- 2) Cover your spinach with boiling water and leave to wilt for 2 minutes
- 3) Whilst its wilting, dice your onion and put in a large bowl
- 4) Drain the spinach and run under cold water to cool quickly
- 5) Place into a tea towel and wring out as much liquid as you can – add to the bowl
- 6) Chop the parsley and add
- 7) Mince the garlic and add
- 8) Crumble in the feta
- 9) Add the eggs, salt and pepper and mix well
- 10) Place one sheet of filo pastry on your worktop, lay approx. 1.5 cm of the spinach mixture along the bottom
- 1) Roll it up into a long tube then brush with oil
- 2) Wrap the tube around to make a circle
- 3) Sprinkle with sesame seeds
- 4) Cook in the oven for 25-30 mins at 180°C till golden brown
- 5) Enjoy

