

# Spanakopitta

Makes 4 servings



## Ingredients (allergens in bold)

- 450g frozen spinach – defrosted and drained
- 1 tablespoon olive oil
- 1 small onion – peeled and finely chopped
- 1 garlic clove – peeled and crushed
- 2 tablespoons chopped coriander
- 1/2 level teaspoon ground nutmeg
- 100g **Feta cheese** – crumbled
- 2 medium-sized **eggs** – lightly beaten
- freshly ground black pepper
- 2 tablespoons olive oil
- 4 - 6 large sheets **filo pastry**

## Method

1. Heat the oven to 200°C/Gas 6.
2. Heat 1 tablespoon of the oil in the frying pan, add the onion and garlic and cook them until they are soft.
3. Add the drained spinach to the pan and cook, stirring for 2–3 minutes. Leave to cool slightly then stir in the coriander, nutmeg and cheese.
4. With a fork, beat the egg in a small bowl and then stir it into the spinach mixture.
5. Brush 1 sheet of filo pastry with olive oil. Lay it carefully in the tin, pressing it into the corners. (Leave the pastry edges hanging over the sides of the tin.)
6. Brush a second sheet of pastry with oil and lay it in the tin at right angles to the first sheet. Repeat with the remaining pastry.
7. Spoon the cooled spinach mixture into the tin. Fold the overhanging pastry over the filling to cover it. (Leave the pastry looking 'untidy', in small folds.)
8. Brush the top of the Spanakopitta evenly with olive oil and bake for 40-45 minutes until golden-brown and crisp. Carefully cut into 9 squares. Serve hot, warm or cold.



## Equipment

- 20cm square tin
- frying pan
- tablespoon
- chopping board
- sharp knife
- sieve
- small bowl
- fork
- small pan
- pastry brush

## Recipe notes and tips

- Can also be made with fresh spinach – just place the washed spinach in a covered bowl and wilt it down in the microwave.
- Spinach holds a lot of water so squeeze as much as possible from the leaves before making the filling.