



Warrigal Greens & Feta Pie

Season: All

Makes: 30 tastes in the classroom or 6 at home

Fresh from the garden: eggs, lemon, spring onions, Warrigal greens (or silverbeet or spinach)

Warrigal greens are a wonderful bush-tucker food. They are easy to grow and are a fantastic substitute for spinach or silverbeet, and even Asian greens. This pie can also be made in two smaller pie dishes, parcels, or even muffin tins, which speeds up the cooking time. If using muffin tins, you do not need to place any pastry on top.

EQUIPMENT:

metric measuring scales, cups and spoons
clean tea towel
chopping board
cook's knife
saucepans - 1 small, 1 large with lid
tongs
colander
fine grater
citrus juicer
bowls - 1 large, 1 small
whisk
wooden spoon
baking dish
pastry brush
spatula

INGREDIENTS:

700 g Warrigal greens, or silverbeet
or spinach leaves, blanched
6 eggs
250 g feta
500 g ricotta
8 spring onions, sliced
juice and zest of 1 lemon
150 g pepita seeds
150 g sunflower seeds
1 tsp sea salt
½ tsp cracked pepper
100 g butter, melted
10 sheets filo pastry
extra seeds for decoration

WHAT TO DO:

1. Preheat the oven to 180°C.
2. Prepare all the ingredients based on the instructions in the ingredients list.
3. Squeeze any excess water out of the blanched Warrigal greens and place in a large bowl.
4. Whisk the eggs in a medium bowl and add them to the cooled greens.
5. Crumble your feta and ricotta into the greens mix and add the spring onions, lemon juice and zest, and 100 g each of the pepita and sunflower seeds.
6. Fold and combine gently, and season to taste.
7. Line your baking dish with a sheet of filo pastry and brush with melted butter. Continue this process using another 6 sheets.
8. Using a spatula, transfer the greens mixture from the large bowl into the baking dish lined with filo, and smooth the mixture evenly across the dish.



Warrigal Greens & Feta Pie continued

9. Place another sheet of filo on top of the mixture and brush with melted butter. Continue this process twice more.
10. Lightly coat top sheet with melted butter and sprinkle with the remaining pepita and sunflower seeds.
11. Bake for 35 minutes, or until firm in the centre.

