



Cheese and Spinach Filo Fingers

Equipment

Baking tray lined with baking paper
Frypan
Spatula or wooden spoon
Mixing Bowl
1 teaspoon
½ tablespoon
Pastry brush
Scales

Ingredients

½ Tablespoon olive oil
¼ bunch chopped spring onions
50g chopped wilted spinach (if using frozen spinach, thaw and drain well)
50g feta cheese
65g ricotta cheese
¼ tablespoon dill or parsley
10 sheets filo pastry
45g melted butter
Salt and pepper

Instructions

1. Pre-heat oven to 180C. Put baking paper on the baking tray.
2. Heat the oil in a pan. Cook the spring onions for 1-2 mins until softened. Add the spinach and cook for a few mins more until any liquid has evaporated. Remove from heat and set aside.
3. Crumble the feta finely into a large bowl.
4. Add the ricotta, dill/parsley and season with pepper. Add a little salt if needed.
5. Add the spinach mixture and mix well.
6. Unfold the filo pastry and cut into two pieces lengthwise*.
7. Brush the strips lightly with melted butter.
8. Place 1 teaspoon of the mixture on the end of each strip, fold a little pastry over the filling, then fold in the edges. Roll to form a finger.
9. Place the filo fingers on the baking sheets, a little apart, then finish making the rest.
10. Brush the tops with butter, bake for 15-18 mins until lightly golden and crisp.

* Take out 3 sheets at a time. Wrap the remainder tightly or use a wet tea towel to prevent them from drying out.