

Spanakopita

(Greek pie with cheese and greens)



Serves 6

Ingredients

- 2 tbsp olive oil, + extra ¼ cup for brushing
- 6 spring onions
- 2 cloves garlic
- ¼ tsp nutmeg
- ¼ tsp black pepper
- Large bunch greens e.g. spinach, silverbeet, rainbow chard, kale
- 1 handful fresh parsley
- 4 eggs
- 220g feta cheese, crumbled
- 220g ricotta
- 80g parmesan cheese, grated
- 16 sheets filo pastry
- 1 tbsp sesame seeds

Equipment Needed

- Frying pan
- Large mixing bowl
- Whisk
- Chopping board & non-slip mat
- Knife
- Scales, measuring cups and spoons
- Wooden spoon
- Baking dish
- Pastry brush
- Foil
- Clean, damp tea towel

Notes

This recipe is easily altered depending on what ingredients you have. E.g. choose from any type of leafy winter greens; leave out the spices if you wish; use a brown onion instead of spring onions – it will still taste good and will be your own unique pie!

Method

- Preheat oven to 180 degrees.
- Prepare the filling ingredients:
 - Wash and pat dry the greens, remove tough stems, and chop leaves finely.
 - Wash and chop the spring onions and parsley.
 - Crush the garlic.
- Place the 2 tbsp olive oil in frypan, add the spring onions, and cook over medium heat until soft.
- Add garlic, greens, parsley, pepper, and nutmeg, and fry, stirring frequently, until greens are soft and most of the liquid has evaporated. Set aside to cool.
- Whisk eggs in the large mixing bowl.
- Gently fold in the cheeses, and the cooled greens mixture.

To assemble and cook the pie:

- Brush baking dish with oil.
- Lay out filo pastry and cover with foil and damp tea towel to prevent it drying out as you assemble.
- Layer half of the filo sheets (8 sheets), one at a time, in the baking dish, brushing each sheet with oil first.
- Spread cheese and greens filling over the pastry sheets.
- Layer remaining pastry sheets over the top, brushing each sheet with oil first. Brush the top sheet of the pie with oil.
- Tuck the pastry sides and corners into the baking dish.
- Lightly score the top layer of pastry with a knife, into squares or diamond shapes.
- Sprinkle top with sesame seeds.
- Bake in the oven for 30-40 mins until golden brown.
- Allow to cool slightly, then cut up and serve.

Don't forget to clean up at home! 😊

Recipe & photo credit: Stephanie Alexander Kitchen Garden Foundation.