



Spanakopita



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 65 MINUTES



SERVES: 4-6

Ingredients

1/4 cup oil

2 large onions, chopped

5 spring onions, sliced

4 cloves garlic, crushed

2 x 280g bags baby spinach leaves

1 large bunch of silver beet, coarse stalks removed and roughly chopped

200g Greek feta, crumbled

200g ricotta cheese, crumbled

1/2 cup shredded Parmesan

4 eggs

1/3 cup Greek yoghurt

1 1/2 tsps dried oregano leaves

1 tsp paprika

1/2 tsp chilli flakes

Grated rind of half a lemon

Salt and pepper, to taste

Method

Preheat the oven on CircoTherm® to 190°C.

Heat the oil in a large non-stick frypan and sauté the onion for 5 minutes on induction setting 6 or 7 until softened, add the spring onions and garlic a sauté a further minute or so. Transfer to a medium sized bowl and allow to cool.

Place one bag of the spinach into the frypan, cover with a lid and allow to cook for 1-2 minutes or until the spinach is just wilted, transfer the spinach to a colander and repeat the process with the remaining spinach and also the silver beet. Once the greens are cool enough, squeeze as much liquid out of them as possible, then transfer to a board and chop finely.

Add the spinach to the onion mixture then add the cheeses, eggs, yoghurt, herbs, spices and lemon, season well and mix to combine thoroughly.

Brush 6 sheets of filo with the melted butter and lay one at a time into a 35 x 25cm baking pan, allow the pastry to sit up the sides of the pan. Spoon in the filling over the base then top with the remaining sheets of filo, each brushed with butter. Roll the edges of the pastry lightly toward the centre to enclose the filling and make an edge. Score the top of the pastry lightly in a diamond pattern then sprinkle over the sesame seeds

Bake for 45-50 minutes or until golden and cooked through. Serve immediately.

12 sheets filo pastry

125g melted butter

1 tbsp sesame seeds

Notes
