



SPANAKOPITA

Serves 5 people

Who doesn't love spinach pie? Could there be a dish that conjures up images of relaxed lunches at beachfront cafes or eating on the go as you wander the streets of cities looking at the visual history around you. Always delicious and incredibly satisfying every time, you can never go wrong with a slice of Spanakopita/

Ingredients:

1 pack/10 sheets of phyllo pastry
500g fresh spinach leaves, stems removed
300g Feta, crumbled
1 medium onion, diced
Fresh mint, finely chopped
Fresh parsley, finely chopped
3 eggs, beaten
Sesame seeds
Extra virgin olive oil
Salt and pepper

Preparation:

- Preheat the oven to 180 degrees c. Rinse the spinach making sure that any dirt has been completely removed. Chop off the stems and cut the leaves into small pieces then place in a mixing bowl.
- Add the diced onion and herbs, olive oil and season with salt and pepper. Using your fingers, crumble the feta into the mixture and combine everything thoroughly.
- Working with 2 sheets of phyllo at a time; spread the dough out over a clean work surface horizontally with the longer side of the pastry facing you. Approximately 5cm up from the edge of the phyllo closest to you place a horizontal line of the pie filling from left to right, leaving a space of around 2cm at each end. Don't make the line too thick as that will make it more difficult to roll the pastry.
- Push the phyllo closest to you over the line of filling and tuck it under - don't make it too tight as it could break the phyllo. Using a pastry brush, wet the first roll of phyllo with beaten egg and then roll again, adding another light coating of beaten egg. Continue like this until you have rolled the entire amount of phyllo and your pie looks like a sausage. Cut off the 2cm of excess pastry from each end and put to one side.

- Gently hold the roll in the centre with one hand then use the other to carefully roll one end of the pie in towards the centre creating a coil. Roll until you have a perfect spiral using the entire length of the pastry. If the phyllo has cracked or split while rolling take some of the excess pastry that you just removed and use it with some beaten egg to patch them up.
- Add a final light covering of beaten egg and sprinkle with sesame seeds
- Place your pies on a baking tray and into the oven for around 20-25mins or until a nice golden brown.

Καλη σας ορεχι!