

## THE GREEK KITCHEN

### RECIPE FOR SPANAKOPITA

PREP TIME: 20 minutes

COOK TIME: 25 minutes

YIELD: 5

#### INGREDIENTS:

- 1 pack/10 sheets phyllo pastry
- 500g fresh spinach leaves, washed thoroughly and stems removed
- 300g feta cheese
- 4 scallions/spring onions, finely sliced
- Handful fresh mint, finely chopped
- Handful fresh parsley, finely chopped
- Handful fresh dill, finely chopped
- Handful sesame seeds
- Olive oil
- Salt and pepper

#### PREPARING THE FILLING:

- Place the spring onions, mint, parsley and dill into a mixing bowl. Drizzle with olive oil and season with salt and pepper.
- Using your fingers, crumble the feta into the mixture and combine everything with your hands.
- Cover the bowl with a cloth and place to one side.
- Preheat the oven to 175c/350f.

#### PREPARING THE PHYLLO:

- Pile the sheets of phyllo out flat on a large, flat clean surface. Cover with a clean tea towel to stop them from drying out. Bring your bowl of filling to where it's close at hand.
- Working with 2 sheets at a time, with one on top of the other, place them in front of you horizontally.

#### CREATING THE SPANAKOPITA:

- Working from the side of the phyllo closest to you, measure 5cm up and 2cm in from the left-hand side, spread a line of the pie filling across the pastry, stopping 2cm in from the right-hand side.

- Gently lift the end of the phyllo that's closest to you, lift it over the line of filling, tucking it in underneath to secure it.
- Brush the top of this first "roll" of the pastry with olive oil and roll the filled section of pastry over once more. Brush again with olive oil and roll the filled section once more. Repeat these steps until you've rolled the entire amount of pastry into a tube shape, like a sausage.
- Brush one last time with olive oil and cut off the 2cm excess from either end with a knife. Set the excess pastry to one side in case you need to repair any cracks after the coiling process.
- Use one hand to hold the "sausage" steady in the center then take the other and use it to coil the pastry up until it forms a complete spiral.
- Brush the spanakopita with one last coating of olive oil and sprinkle with sesame seeds.
- As you complete each spanakopita, place them on parchment paper on a baking tray.
- When all are ready, put them into the preheated oven for 20-25 minutes or until golden brown.

#### SERVING THE SPANAKOPITA:

- As soon as the spanakopita are baked, remove them from the oven and leave to cool.
- Plate them up and serve with creamy tzatziki.