



SPANAKOPITA/ SPINACH PIE

SERVINGS:5

Who can resist the charm of spinach pie? It's a dish that transports you to leisurely beachfront lunches or meandering through city streets, soaking in visual history. Spanakopita is reliably delightful and incredibly satisfying – a timeless choice!

Preheat your oven to 180 degrees Celsius. Begin by thoroughly rinsing the spinach to remove any dirt. Remove the stems, chop the leaves into small pieces, and place them in a mixing bowl.

INGREDIENTS

- 1 pack/10 sheets of filo 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

1. Add the diced onion, herbs, olive oil, and season with salt and pepper. Crumble the feta into the mixture using your fingers, ensuring thorough combining.
2. Work with 2 sheets of filo at a time. Spread the dough horizontally on a clean surface, with the longer side facing you. About 5cm up from the edge closest to you, place a horizontal line of the pie filling from left to right, leaving a 2cm space at each end.



SPANAKOPITA

A tasty treat that works great with tzatziki

PREPARATION

1. Gently push the filo closest to you over the filling line and tuck it under. Don't make it too tight to avoid breaking the filo. Brush the first roll of phyllo with beaten egg, then roll again, adding another light coating of beaten egg. Repeat until you've rolled the entire phyllo, resembling a sausage. Cut off the 2cm excess pastry from each end and set aside.
2. Gently hold the roll in the center with one hand, then use the other to carefully roll one end of the pie towards the center, creating a coil. Continue rolling until you have a perfect spiral using the entire length of the pastry. If the phyllo cracks while rolling, use some of the excess pastry removed earlier with beaten egg to patch it up.
3. Add a final light coating of beaten egg and sprinkle with sesame seeds.
4. Place your pies on a baking tray and bake for around 20-25 minutes or until a beautiful golden brown.

Καλή σας όρεξη! (Enjoy your meal!)