



SPANAKOPITA

SERVES: 6

TOTAL TIME: 80 MINUTES

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INGREDIENTS

800g frozen **spinach**, thawed and drained
2 tbsp **olive oil**
1 **garlic clove**, minced
1 **leek**
2 **eggs**
260g **feta**, crumbled
60g **parmesan**
10g **basil**, chopped
10g **dill**, chopped
10g **oregano**, chopped
1 tsp **lemon zest**, grated
Salt & cracked pepper
160g **salted butter**, melted
12 sheets frozen **phyllo dough**, thawed, room temperature

INSTRUCTIONS

Preheat the oven to 180°C/350°F/gas 5 and grease your baking tray with olive oil cooking spray.

Drain the thawed spinach by placing it in the center of a tea towel, enclose it in and twist to ring the liquid out. Get as much liquid out as possible. Transfer to a bowl, break the spinach into smaller pieces and set aside.

Add the oil to a medium-sized skillet and bring to medium heat. Cook the leek and garlic for 5 minutes or until translucent.

Next, whisk the eggs and pour them into the spinach mixture. Add the feta, parmesan, basil, dill, oregano, lemon zest, salt & cracked pepper. Mix until really well combined.

Place 1 sheet of phyllo dough in your baking dish and brush with melted butter. Do the same with 2 more sheets. Place the 4th sheet perpendicular to the first 3, continuing to brush with butter as you go. Finally place the next three sheets in the gap to create a star shape.

Transfer spinach into the centre of the pastry and gently fold the phyllo over the top. Brush the remaining 3 sheets of phyllo with butter and place on top.

Place in the oven and cook for 40-45 minutes or until golden on top.

MACROS PER PORTION

CALORIES	446	PROTEIN	16
CARBS	28	FATS	30
FIBRE	3		