



RECIPE OF THE WEEK: 06/05/2020

**SPANAKOPITA
(SPINACH AND CHEESE PIE)**

Serves 12

INGREDIENTS

5tbsp olive oil
1 large onion (finely chopped)
1 bunch of spring onions trimmed, finely chopped
2 cloves of garlic, minced
1kg fresh spinach, roughly chopped or frozen spinach, thawed and well drained
1 bunch of flat-leaf parsley, chopped
half bunch fresh mint, chopped
half bunch fresh dill, chopped
2 medium organic free range eggs, lightly beaten
200g ricotta cheese or fresh anari
400g feta cheese, roughly crumbled
freshly ground nutmeg
freshly ground black pepper
8 sheets of filo pastry

METHOD

1. Preheat the oven to 190°C/ 170°C fan/ gas 5.
2. Lightly oil the bottom and sides of a 22 x 30cm baking tray.
3. Heat the remaining olive oil in a large heavy-based frying pan over a medium heat. Saute the onion, spring onions and garlic for 3-4 minutes, stirring often until softened and lightly browned. Lower the heat and stir in the spinach and herbs. Continue to saute until the spinach wilts and the liquid evaporates about 1-2 minutes. Season with pepper and a good pinch of nutmeg. Remove from heat and set aside to cool.
4. In a large bowl mix together the eggs, ricotta or anari and feta. Stir in the spinach mixture.
5. Unroll the filo sheet and place them between two slightly damp kitchen cloths. Lay one sheet of filo pastry to line the base and 2 of the sides with an overhang on both sides, brush lightly with olive oil. Repeat the process with the second sheet of filo, brushing it with olive oil. Lay down in the tray the other way round so it lines the base and overhangs on the opposite side. Repeat this with 2 more filo sheets.
Spread the spinach and cheese mixture into the tray and level with a spoon. Fold the overhanging filo sheet over the filling. Brush with a little olive oil, then lay 3 sheets of filo brushing each one with olive oil. Cut the last filo sheet in half width ways and lay one half over one half of the tray. Repeat with the other half of the filo sheet on the other side to give you a pastry topping.
Lightly brush the top layer with olive oil and sprinkle with just a few drops of water.
6. Bake the spanakopita on the middle shelf of the oven for 30-35 minutes until golden. Remove from the oven and cut into square or diamond shapes. Serve warm or cold accompanied with tzatziki or a Greek salad.

This will stay fresh in the fridge for 5-6 days and can also be frozen.

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