

Spring Green Spanakopita

Ingredients

150g butter
2 leeks, washed, trimmed and sliced thinly
Pinch of salt
4 garlic cloves, peeled and crushed
500g spring greens, kale or spinach, shredded with stalks
Small pack fresh parsley, chopped
Small pack fresh mint, chopped
300g feta cheese, crumbled
2 eggs, beaten
Juice and zest of 1 lemon
250g pack filo pastry

Equipment

Weighing Scales, large frying pan, wooden spoon, garlic crusher, knife, chopping board, jug, zest grater, pastry brush, 9 inch loose bottom cake tin or dish, spoon.



Serves: 4
Prep Time: 45 minutes
Cook Time: 50 - 60 minutes

Method



Step 1: Heat the oven to 180C. Melt 25g of the butter in a large frying pan or wok. Add the leeks and salt. Cook for 5 - 7 minutes, stirring, until softened. Add the garlic and cook for a further minute.



Step 2: Add the shredded greens to the pan. Cook for 5 - 7 minutes, until softened. Remove from the heat and allow to cool slightly. Add the herbs, cheese, eggs and juice and zest of the lemon. Mix well.



Step 3: Melt the remaining butter in a jug in the microwave, cooking on High for 30 seconds at a time, stirring until melted. Lay the sheets of filo pastry out on the work surface and, using a pastry brush, paint the top one evenly all over with the butter. Carefully lift the buttered sheet of filo pastry into a greased 9 inch loose bottomed cake tin. Gently press the sides into the edges of the tin. Repeat with half of the pastry sheets, turning the tin around and placing the layers in different positions around the tin to line it evenly, allowing the edges of the pastry to overhang the sides of the tin.



Thank you for cooking with us!

Share your photos with us on social media and tag @UKHarvest
or email them to info@ukharvest.org.uk

Spring Green Spanakopita



Step 4: Spoon the pie filling into the pastry case and fold over the overhanging edges. Butter the remaining sheets of pastry and lightly scrunch them up and place on top of the pie, until all the filling is covered.



Step 5: Use the remaining butter to brush on top of the pie, then bake for 40 - 45 minutes, or until crisp and golden and cooked through. Serve hot or cold with a crisp mixed salad.

Serve with a Herby Yoghurt Dip; place 300ml natural yoghurt in a bowl. Stir in a large handful of a selection of chopped fresh herbs such as coriander, mint, parsley, dill. Stir in ¼ tsp turmeric and season well with salt and pepper. Add a squeeze of fresh lemon juice, if liked.

Top Tips

Use any leftover veg for the filling in this pie. Add a tin of lentils or chickpeas to boost the protein content.

Cut the pie into slices and freeze individually for a quick, easy and nutritious meal.

Use shortcrust or puff pastry, or even tortillas instead of filo.



Thank you for cooking with us!

Share your photos with us on social media and tag @UKHarvest
or email them to info@ukharvest.org.uk