



Longley Park
SIXTH FORM

Ready, Steady, Cook



Spanakopita by Charlie Mollart

Spanakopita (meaning 'spinach pie') is a Greek dish, that consists of spinach and feta cheese in filo pastry. Mediterranean cooking might remind you of a lovely sunny holiday!

Ingredients

Traditional

- Filo pastry sheets
- 1 bag of fresh spinach
- Spring onions
- Feta cheese
- Soft cream cheese - like Ricotta
- Herbs dill/mint/oregano
- Olive oil

Alternative

- Filo pastry sheets
- Fresh or frozen spinach
- Feta cheese
- Greek yogurt
- Greek spices/garlic
- Olive oil
- Small can of chopped tomatoes

Method

- Chop and fry the onion until soft.
- Add seasoning/herbs/spices
- Chop and make garlic into a paste if using, add to the pan.
- Add the spinach.
- You can add the tin of tomatoes at this point (optional)
- Crumble in the Feta cheese and stir.
- Add the ricotta or whatever you could get.
- Filling done!

Assembling

- Pre-heat the oven to 170/150 fan or gas mark 5. Pop in a baking tray to pre-heat.
- Lay a sheet of filo pastry out flat and brush with olive oil .
- Put 2-3 spoons of filling along the top edge of the pastry and fold in the side edges.
- Roll up the pastry and filling into a sausage shape
- Brush with oil as you go until all the pastry is rolled.
- Once the pastry is rolled start to make a swirl by curling the pastry in on it's self.
- Create as many swirls as you have filling for.
- Place on baking tray and bake for 20-30 minutes until golden brown.
- Enjoy! Serve as a starter, snack or light lunch with a little Tzatziki and salad.

