



Spanakopita

Ingredients

- 8 stems of silverbeet
- 2 spring onions bunch of mint
- Bunch of parsley
- 60 grams of butter
- 1 onion
- 5 sheets of filo pastry
- 2 eggs
- 100grams of feta
- 100 grams of ricotta
- 100 grams of Parmesan
- 1 whole nutmeg grated
- Sea salt and freshly ground pepper
- Extra virgin olive oil.

Method

- Preheat the oven to 180 degrees Celsius
- Separate the silverbeet by slicing along the stem
- Rinse and dry the leaves in the salad spinner.
- Shred the leaves and set aside in a bowl.
- Slice the stems and place in another bowl.
- Wash and dry the herbs and spring onions
- Slice the spring onions and herbs finely
- Melt the butter in a small saucepan and set aside.
- Peel and finely chop the onion, place in a fry pan with olive oil.
- Cook the onion until soft and translucent.
- Add silverbeet stems and leaves to the frypan.
- Cook until there is no liquid in the pan.
- Place a colander in a bowl add silverbeet onion mix and press down with a wooden spoon to remove excess moisture.
- Meanwhile break the eggs and whisk. Add crumbled feta and ricotta, Parmesan cheese. Add grated nutmeg and chopped herbs.
- Add the silverbeet mix with the ricotta mix.
- Unwrap the packet of filo Place one sheet on a layer of baking paper, on your baking tray. So using a pastry brush coat the butter between each layer. Do 5 layers

Spanakopita (continued)

- Place the filling in the middle of the filo lengthwise wrap up the first end then roll each side over adding butter so the pastry sticks.
- Coat the pastry with butter and cook for 15 minutes or until the pastry is lightly browned and cooked.