Wilted Chard Filo Pie

* 2/3 cup mixed seeds
* 2 cloves of garlic
* 2 onions
* olive oil
* 800 g mixed greens such as kale, chard and spinach
* 1 lemon
* ½ a bunch of fresh dill
* 1 Tbsp pineapple sage flowers
* 6 large sheets of filo pastry
* 150 g feta cheese
* runny honey

Method

1. Preheat the oven to 180ºC/350ºF/gas 4.
2. Toast 50g of mixed seeds in a dry pan over a medium heat until golden, then remove to a small bowl.
3. Peel and finely chop 2 cloves of garlic and 2 onions, then add to a large pan over a medium heat with 1 tablespoon of olive oil and cook for 10 to 15 minutes, or until soft and sticky, but not coloured.
4. Trim 800g of mixed seasonal greens, removing any tough stalks, then roughly chop and add to the pan. Cook everything for a further 5 minutes, or until the greens have wilted.
5. Remove the pan from the heat and finely grate in the zest from 1 lemon, then squeeze in the juice. Pick and finely chop the dill (2 Tbsp), stir through the greens and season with sea salt and black pepper. Leave to cool.
6. On a large surface, lay out 3 sheets of filo side-by-side with the short edges towards you, overlapping each one by 2.5cm and brushing between the overlaps with a little oil.
7. Lightly brush the filo all over with olive oil, then place the remaining 3 sheets directly on top, arranging them in the same way.
8. Leaving a 2.5cm border around the edge, crumble over an even layer of feta cheese (150g total). Arrange the greens on top.
9. Working quickly but carefully, gently roll the filo from one of the long edges, so you have a sausage shape, folding under the ends. Tuck in one end of the sausage and roll it slowly and carefully into a pinwheel shape, gently pushing it together as you go (if the filo tears, don't worry, just carry on).
10. Slide onto a baking sheet and tuck in the loose end to neaten up. Brush with one last coating of olive oil and bake for 40 to 45 minutes, or until the filo is golden and crispy. Leave to cool for 5 minutes.
11. Place the pie on a chopping board, drizzle with a little runny honey and scatter over the pineapple sage flowers and toasted seeds. Delicious served with a little Greek yoghurt if you like.