

Spanakopita



 Serves: 8  Prep: 20 minutes  Cook: 40 minutes  [Stack Cup](#)

Metric

Imperial

ingredients

1kg English spinach leaves (stalks removed)

1000 g

2 tbs olive oil

2 cups leek greens, roughly chopped

190 g

1 cup spring onion greens, roughly chopped

300g feta cheese, shredded/crumbled

300 g

30g dill, roughly chopped	30 g
30g mint leaves, roughly chopped	30 g
2 eggs, beaten	
Zest of 1 lemon	
Pinch of nutmeg	
250g filo pastry (about 12 sheets)	250 g
Oil, for greasing pastry	

Method

Step 1

Preheat the oven to 200°C/392°F. Grease the 30 x 25cm tin with oil. Using half of the filo pastry for the bottom, line each sheet of pastry down so that the excess is overhanging. Brush or spray each sheet as you go with olive oil spray or using a pastry brush.

Step 2

Chop the spinach and wash thoroughly – bathe the spinach in water using a colander and sprinkle some salt on top. Change the water 2 times for an extra thorough clean. Squeeze all of the water out of the spinach and set aside.

Step 3

Place the olive oil, leek and spring onion greens in a medium sized pan and on low to medium heat. Cook until softened and set aside.

Step 4

Add spinach, leek & spring onion greens, feta, herbs, eggs, lemon

Add spinach, leek & spring onion greens, feta, herbs, eggs, lemon zest, and nutmeg into a bowl and mix well. Spoon in the filling into the pre-prepared tray.

Step 5

Repeat the layering process with the leftover fillo pastry, brushing with oil in between each sheet. Make sure the top layer has enough oil. Cook for 30-40 minutes or until golden. Serve immediately.

