

## SPANAKOPITA

This recipe makes **two** 30x22cm dishes. It's a good dish to make if your spinach is going to seed – you can do a big pick before replacing the plants. You can freeze one of the dishes uncooked.

1.2 kilograms spinach  
1 tablespoon coconut oil  
4 onions  
2 bunches spring onions  
½ cup parsley, chopped  
1 tablespoon dried dill (or 3 tablespoons fresh)  
¼ teaspoon ground nutmeg  
salt and pepper  
225 grams feta cheese, crumbled  
4 eggs, lightly beaten  
225 grams ricotta or cottage cheese  
60 grams butter, melted  
¼ cup olive oil  
375 grams filo pastry sheets



Heat oven to 180 degrees Celsius. Wash and drain spinach very well and chop. You could even dry it with a tea towel.

Heat coconut oil in a deep pan. Saute onions and spring onions until tender. Add the spinach, parsley, dill, salt and pepper and cook for 5 minutes until the spinach is wilted. Set aside to cool.

Carefully remove the filo roll from its packet. Most rolls come in a 30x45cm dimension, so you can just slice them in half – one stack for each dish. Filo pastry dries out quickly on contact with air, so cover one stack with baking paper then a damp tea towel while working with the other.

Melt butter and olive oil. Using a pastry brush, apply butter/oil mixture to the bottom of each dish. Add one layer of pastry, apply butter/oil mix to this sheet, then repeat until you have 10 layers of filo in each dish.

On a board, create two more stacks of filo pastry and butter/oil mix. Make sure you apply the butter/oil mix to the top layer. Score the filo pastry lightly into 6 portions so it's easier to cut after cooking.

Mix together both cheeses, eggs and nutmeg. Remove any moisture from the spinach mix and add to the egg mixture, stirring lightly.

Pour half the spinach/egg mixture on top of the pastry layers in each dish. Then carefully place the top layers on.

Bake in the oven for up to 45 minutes or until filling is set and the pastry is golden brown. Delish!

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