



## DENISE'S SPANAKOPITA

*Last years Christmas party saw the whole team come together to share a meal celebrating another year at Affordable Wholefoods. We each brought along a dish to share and Denise's contribution was her take on the traditional Greek recipe 'Spanakopita'. It took just a few minutes for the plate to be empty, so we decided to remake it and share with our readers. Hope you enjoy as much as we did.*

### **Ingredients:**

1 tablespoon olive oil

2 garlic cloves, crushed

6 spring onions, sliced

1 large bunch of silverbeet, roughly chopped (stems removed)

1/3 cup pine nuts

1 cup crumbled feta

1 cup ricotta cheese

1/4 teaspoon freshly grated whole nutmeg

1 tablespoon fresh dill (chopped)

2 eggs lightly beaten + 1 extra egg yolk

Handful of flat-leaf parsley, finely chopped

375 g filo pastry

### **Sprinkle**

1 teaspoon of Nigella seeds

2 teaspoons pine nuts

### **Method:**

Preheat your oven to 180°C

Heat the olive oil in a saucepan on medium heat and saute the garlic and spring onions for 5 minutes stirring regularly.

Add the silverbeet, then cover and cook for 2-3 minutes until wilted.

Drain and set aside to cool, squeezing out any excess liquid.

Toast the 1/3 cup of pine nuts in a dry saucepan on the stove, being careful not to burn.

Combine the cheeses, nutmeg, dill and the lightly beaten egg mix in a large bowl. Stir in the cooled silverbeet mixture, parsley and toasted pine nuts.

Lay down 3 sheets of filo pastry on top of one another and spoon a few tablespoons of the filling evenly along the edge of the pastry. Roll to form a sausage shape, neatly tucking in the sides. Do this 3-4 times until your filling is used up, making sure the thickness of each sausage is even.

Place your filo sausage in the centre of an oiled round pie or quiche dish and form a spiral. Keep going until the entire dish is full (see image above).

Brush the spirals liberally with olive oil and then sprinkle with Nigella seeds and pine nuts.

Bake in the oven for 30-35 minutes or until golden brown.

### **Inspiration:**

Serve with fresh salad greens and chilli sauce.

## **Vegetarian | Refined Sugar Free**

If you like this recipe you may also like our [Gluten Free Swiss Chard Quiche](#)