

PRACTICE COPY

What's cooking?

Greek Style Pie

Ingredients

- 1 small onion
- 1 garlic clove
- 1 tbsp vegetable oil
- 2 blocks frozen spinach
- 80g feta cheese
- 1 tbsp parsley
- ½ tomato deseeded
- 1 egg
- 2 sheets of filo pastry
- 1 tsp vegetable oil

Instructions

- Fry the onion and garlic in a tbsp of oil and leave to cool.
- Squeeze the liquid from the defrosted spinach and place it in a bowl.
- Cut the feta into small pieces.
- Chop the parsley and the tomato and add to the bowl along with the feta and the egg.
- Add the onion and garlic and mix all the ingredients together well.
- Carefully brush oil over a sheet of filo pastry and fold in half longways. Do the same with a second sheet and place on top of first sheet.
- Place the pastry into a 400ml tin so it lines the bottom of the tin. Add the ingredients into the case and then fold the remaining pastry over the top to make a pie.
- Put in a pre-heated oven at 200°C / 180°C fan / gas mark 6 for 25 minutes.



NOT FOR CLASS USE