

Spanikopita (Greek)

Makes: 19 triangles

Cooking utensil: 4-sided oven tray

Preparation time: 20 minutes

Cooking time: 25–30 minutes

Oven temperature: 180°C

INGREDIENTS

olive oil spray

250 g cooked spinach, chopped

250 g feta cheese (low-fat if desired)

3 spring onions, chopped

1 egg, beaten

375 g filo pastry (approximately 20 sheets)

Method

1 Set oven at 180°C. Spray or brush oven tray with oil.

2 Mix spinach, feta cheese, spring onions and egg.

3 Fold 1 sheet filo pastry into 3 lengthways, spray with olive oil.

4 Place 1 tablespoon filling at lower edge of pastry. Fold into small triangle. Continue folding along length of pastry to make a triangle.

5 Repeat to make 19 triangles.

6 Spray tops of triangles with oil.

7 Bake for 25–30 minutes.

SWEET POTATO AND CORIANDER PARCELS

Follow recipe for **Spanikopita**. Omit spinach. Use 250 g cooked sweet potato, diced into 1 cm cubes. Half of the feta cheese may be replaced with 125 g tofu. Add 2 tablespoons chopped fresh coriander.

Follow recipe for **Spanikopita**. Omit spinach and half the feta cheese. Use 250 g cooked butternut pumpkin, diced into 1 cm cubes, and 125 g cooked, mashed chickpeas (65 g uncooked, see p. 269) and 1 teaspoon ground cumin.

PUMPKIN AND CHICKPEA PARCELS

Top: placing the filling on the filo pastry; Middle: folding the filo; Bottom: the completed triangle

