

SPIRO – the Greek Bushwalker's SPANAKOPITA

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Ingredients

3 x 250gm packets of finely chopped frozen spinach (or fresh)
2 x medium onions finely chopped
350gm crumbled fetta (Coles deli full cream Lemnos works well)
50gm grated parmesan
6 large eggs very lightly beaten
2 tbl raw white rice
15 gms dried fennel seeds
10 gms dried oregano
Ground black pepper
Chopped parsley (small amount)
Pastry: Either filo or Puff (Spiro uses frozen puff)

Method

1. Grease bottom of baking dish (or line with baking paper) and bake bottom layer of pastry @ 200c for 6 mins (to avoid soggy bottom).
2. Meanwhile, combine all the ingredients together in a large bowl. Drain off any excess moisture from spinach before or after mixing.
3. Remove dish from oven and fill with spinach mixture.
4. Cover spinach mixture with top layer of pastry, trim or tuck edges and lightly brush with milk (to brown top pastry).
5. Pierce top layer of puff pastry with several deep jabs of a fork.
6. Bake on top shelf for 1 hour @ 185c fan forced or at 210c normal oven.
7. Remove and allow to stand before cutting and serving.
8. Can be eaten warm or cold (suitable to freeze).