



SPANAKOPITA

Ingredients:

- 125 mls vegetable oil
- 2 large onions – chopped
- 575 grams spinach
- 2 tablespoons chopped dill (or other garden herbs)
- 2 tablespoons plain flour
- 225 grams feta cheese (or other cheese)
- 4 eggs – lightly beaten
- 8 x 6 inch pancakes – made quite thin

Method:

1. Preheat oven 180c/gas 4
2. Fry onions in oil until softened and translucent
3. Add spinach, flour and dill cook on med heat until moisture absorbed
4. Remove from heat and allow to cool slightly
5. Add beaten egg and crumbled feta cheese
6. Grease cake tin layer pancakes alternately with spinach mixture
7. Finish with pancake
8. Cook for 30 mins in oven
9. Remove from oven and allow to set for three minutes
10. Cut into portions and serve with salad

