

Spinach and Leek Pie

energy	protein	fat	carb	fibre	sodium
835kJ	10g	8g	23g	3g	320mg

per portion

Method:

Preheat oven to 180°C.

Heat a little oil and gently fry onion, leek and garlic until soft.

Remove from heat and add cooked spinach, cottage cheese and egg.

Mix well and season with grated nutmeg, salt and pepper.

Lightly grease a 24cm quiche tin with a little olive oil and line with 1 sheet of filo pastry, allowing the excess to hang over the sides. Brush pastry with a little olive oil and layer with another sheet of pastry. Repeat this process until pastry is finished.

Place spinach filling into the centre, and fold the pastry to cover the top.

Brush with a little olive oil and place in oven for about 25-30 minutes or until crisp and golden brown.

Remove from oven and allow to rest for 5 minutes before serving.

Serves: 4

1T olive oil (plus extra for brushing pastry)

1 onion, finely chopped

1 leek, finely sliced

2 cloves of garlic, crushed

400g spinach, cooked and squeezed dry

100g low-fat smooth cottage cheese

1 egg, lightly beaten

Grated nutmeg

Salt and pepper

5 large sheets of filo pastry

Top tip:

Popeye was right! Spinach is one of the most important green leafy vegetables, and a great source of a variety of micronutrients, including antioxidants.