

## 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.