

Spring Vegetable Pie (Spinach, Cheese & Egg)



Preparation time: 55 mins

Serves: 6 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes

Savour a slice of this tasty Spinach Pie. This Greek-inspired pastry marries stretchy cheese with acidic spinach; all contained within a golden, egg-glazed flaky crust. It's simple. It's healthy. It's delicious!



Ingredients

- Butter and flour, for greasing
- 2 sheets of frozen puff pastry, just thawed
- 6 eggs, beaten
- 450g bag frozen chopped spinach, thawed
- 1 clove garlic, crushed
- ½ cup green onions, finely chopped (approx. 3)

- ¼ cup chopped fresh dill
- ½ cup grated Romano cheese
- 2 tsp finely grated lemon zest
- 200g fresh ricotta, crumbled
- 150g Greek feta, crumbled
- Salt and pepper to taste

Method

1. Preheat oven to 200°C (fan forced). Grease and flour a round sponge sandwich tin 20cm (base) X 3.5cm (sides).
2. Arrange the pastry on top of each other to form one thick sheet of pastry. Roll out carefully until the pastry measures 27 cm square.
3. Drape the rolled pastry into the tin. Pushing in sides and allowing the pastry to overhang at the points. Set aside 2 tablespoons of beaten egg for glazing later on.
4. Squeeze spinach through a fine sieve to remove excess liquid. Transfer to a large bowl and use your fingers or a fork to separate spinach. Stir through garlic, green onion, dill, ricotta, Romano cheese, zest and remaining eggs.
5. Add ricotta and feta and fold through the spinach mixture. Season with salt and pepper. Set aside.
6. Spread the spinach mixture inside the pastry. Fold the corners in toward the centre.
7. Brush pastry with the beaten egg you set aside in Step 3. Bake for 40-45 minutes, or until puffed and golden brown and the centre is set.
8. Stand for 15 minutes before slicing and serving.

Notes

- To loosen the pie from the tin, run a kitchen knife around the edges to loosen the pastry. Invert gently and place onto a serving plate.
- No Romano cheese? Parmesan or mature tasty cheese works just as well.
- Store any uneaten pie in a sealed container for up to 2 days. Reheat in the oven or air fryer.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
270g	2020kJ 483kcal	26.9g	30g	16.1g	24.3g	2.2g	924mg	3g	4.2µg

All nutrition values are per serve.