

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Feta and Spinach Pie

Ingredients Serves 4

200g bag washed spinach leaves
175g jar sundried tomatoes in oil
100g feta cheese, crumbled
2 eggs
½ a 250g pack filo pastry

Method

Put the spinach into a large pan. Pour over a couple of tbsp of cold water, then cook until just wilted. This may also be done in the microwave – merely pierce the spinach bag several times and cook on a medium power for 2-3 minutes.

Tip the spinach into a sieve, leave to cool a little, then squeeze out any excess water and roughly chop.

Roughly chop the tomatoes and put into a bowl along with the spinach, feta and eggs. Mix well.

Carefully unroll the filo pastry. Cover with some damp sheets of kitchen paper to stop it drying out.

Take a pastry sheet and brush liberally with the sundried tomato oil. Drape oil side down in a 22cm loose bottomed cake tin so that the pastry hangs over the side. Brush oil on another piece of pastry and place in the tin, just a little further round. Keep placing the pastry pieces in the tin until you have roughly three layers. Spoon over the filling. Pull the sides into the middle, scrunch up and make sure the filling is covered. Brush with a little more oil.

Heat the oven to 1180°C/gas 4. Cook the pie for 30 minutes until the pastry is crisp and golden brown.

Remove from the cake tin, slice onto wedges and serve with a Greek or mixed salad.

Per person – approx

Kcals 250

Fat 13g

Carbs 23g

Protein 13g