

# Crispy Greek Filo Pie

## Ingredients

- 300g bag spinach leaves or frozen spinach
- 150g feta cheese, crumbled
- 1 lemon (Optional)
- 2 eggs
- 250g pack filo pastry

**Spanakopita** or spinach pie is a Greek savoury pastry. The traditional filling comprises chopped spinach, feta cheese, onions, egg, and seasoning.



## Method

1. Pre heat the oven to 180°C/ gas 4
2. Put the spinach into a large pan. Pour over a couple tbsp water, then cook until just wilted. Tip into a sieve, leave to cool a little.
3. Wash, zest and juice 1 lemon
4. Put the spinach into a bowl along with the lemon juice and zest, crumbled feta cheese and beaten eggs. Mix well.
3. Carefully unroll the filo pastry. Cover with a tea towel to stop it drying out. Take a sheet of pastry and line a pie dish with it so that some of the pastry hangs over the side. Brush oil on another piece of pastry and place it on top. Keep placing the filo pastry in the tin until you have roughly three layers.
4. Spoon the filling on top of the pastry. Place 2 more layers of filo pastry on top of the spinach filling. Pull the sides of the pastry into the middle, scrunch up and make sure the filling is covered. Brush with a little more oil.
5. Cook the pie for 20-30 mins

## Risk Assessment

<u>Hazards</u>	<u>Rules to control hazards</u>
Tripping over bags and chairs	
Gas explosion	
Bacteria getting into food	
Cuts from knives	
Cuts from grater	
Burn from hot oven	
Slipping on food or wet floor	

## Evaluation:

Rating: (Circle)	Suitability for cafe	Likes/ Dislikes	Improvements

# Filo pie worksheet

<p>Suggest 4 different vegetables that could be used. Describe how they would be prepared.</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p>	<p>Vegetables are an excellent source of vitamin C and fibre in our diet. Why do we need these nutrients?</p>
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<p>If this dish were served as a main course, what else could you serve in a 2 course meal. (Think about the eatwell guide)</p>	<p>What would be your top tips for using filo pastry?</p>
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Pastry can be difficult, time consuming and messy to make. A range of ready made pastries are available in the shops. Use the labels available to you to list these pastries below. For each type of pastry record a serving suggestion and the fat per 100g.

Type of pastry	Serving suggestions	Fat per 100g

Which pastry is the healthiest and why?