



SPANAKOPITA FILO PARCELS

WITH ROCKET SALAD

DIFFICULTY: Easy | SERVES: 4 | READY IN: 50 minutes

These spanakopita filo parcels are a great way to eat your greens. Feta cheese, parmesan and layers of crispy filo pastry make them anything but boring.



FILO PARCELS

- 1 small leek
- 3 cloves garlic
- 1 small lemon
- 1 Tbsp butter
- 500g frozen spinach (1lb 2oz)
- 2 eggs
- 1/3 cup lite cooking cream (80ml)
- 3 Tbsp pine nuts
- 2 tsp dried oregano, divided
- 1/2 tsp ground nutmeg

- 150g feta cheese (5.3oz)
- 1/3 cup finely grated parmesan (30g)
- 15 sheets filo pastry (approximately 320g)
- 3 Tbsp olive oil

TO SERVE

- 100g baby rocket (3.5oz)
- 1 avocado
- 1/4 cup finely grated parmesan (23g)
- 4 tsp balsamic glaze

1. PREPARE FILO PARCELS

Preheat oven to 180°C (360°F) fan bake and line a large oven tray with baking paper. Thinly slice leek and crush garlic. Zest and juice lemon.

2. Melt butter in a large frying pan on medium heat. Add leek, garlic and lemon zest and cook, stirring occasionally, until leek is tender. Meanwhile, place spinach in a microwave-safe dish and microwave until defrosted (about 5 minutes). Transfer to a colander and press down to remove excess moisture. Stir into leek mixture and remove from heat. Leave to cool for a couple of minutes.

3. Whisk eggs with a fork and add to leek mixture, together with cream, pine nuts, 1 teaspoon oregano, nutmeg, feta, parmesan and 1 tablespoon lemon juice. Season with a little salt and a generous amount of black pepper.

4. Brush one sheet of pastry with oil, place a second sheet on top and brush with oil, then add a third sheet. Add a quarter of the leek mixture in a line along one of the short edges. Fold the sides in and roll up into a parcel. Place seam-side-down on prepared tray and repeat to form four parcels. Brush all over with oil and sprinkle with remaining teaspoon oregano and a little salt. Bake for 20 minutes, until pastry is golden brown and filling is piping hot.

5. PREPARE SERVING INGREDIENTS

Divide rocket between serving plates. Slice avocado and place on top. Add parmesan and balsamic glaze.

6. SERVE

Serve filo parcels with salad. Chutney makes a nice accompaniment if you have some on hand.



WINE MATCH: A Sauvignon Blanc.

SPANAKOPITA FILO PARCELS RECIPE NOTES

GLUTEN-FREE OPTION: You can replace the filo pastry with large gluten-free wraps (one per parcel - brush both sides with olive oil) or regular gluten-free pastry (use one layer per parcel, skip the oil).

INGREDIENT SWAPS / NOTES: If you can't find light cooking cream, you can replace with lite cream cheese, crème fraîche or sour cream (omit the lemon juice if you use sour cream). Balsamic glaze can be replaced with a regular balsamic salad dressing - try the dressing in these beef salads (<https://www.yourultimatemenu.com/beef-macadamia-kumara-salads/>), or use shop-bought.

STORING AND REHEATING: Store filo parcels separate from salad. Reheat in the oven for crispy pastry, or in the microwave for a quick meal. Salad is nicest assembled just before serving.