

Spinach & Feta Pie

Serves: 4-6 | Prep time: 20 mins | Cooking time: 35-40 mins

Ingredients

2 sheets reduced fat puff pastry
1 bunch silver beet, stems removed and chopped
1/2 brown onion, finely chopped
100g reduced fat feta cheese
1/2 cup reduced fat cheddar cheese, grated
4 eggs, lightly beaten
2 tsp sesame seeds (or poppy seeds)
Pepper, to taste
Round, 25 cm oven proof dish



Directions

STEP 1. Preheat the oven to 180 degrees Celsius fan oven
STEP 2. In a bowl, place spinach and onion and cover. Place in microwave for 3 minutes or until spinach is wilted.
STEP 3. Squeeze out excess moisture and set aside to cool.
STEP 4. Once the spinach is cool, add the feta, cheddar cheese and eggs. Season with a little pepper.
STEP 5. Line the greased oven dish with one of the sheets of pastry.
STEP 6. Fill with spinach mixture and create a lid on top with the second pastry sheet.
STEP 7. Brush the top with lightly beaten egg yolk and scatter sesame/ poppy seeds on top.
STEP 8. Place in oven and cook for around 35-40 minutes