



Spanakopita Triangles

(Greek feta & Spinach Pies)

SERVES: 20 Triangles

INGREDIENTS:

- 5 phyllo pastry sheets
- 250g cow's cheese (or feta cheese)
- 1 cup frozen spinach, thawed
- 1 egg
- 1 spring onion
- ¼ tsp ground black pepper
- 1 cup olive oil



METHOD:

1. Break the cow's cheese into big chunks and add them to a bowl. If need, use a grater
2. Next, chop the spinach and spring onion finely and add them to the bowl together with the egg and mix well until combined
3. Add the salt and pepper and mix again until you have a uniform paste
4. Lay 1 phyllo sheet on the work surface and brush generously with olive oil
5. Hold it in half, then using a sharp knife, cut it into 4 strips
6. Place a teaspoon of the spinach mixture right at the end of each strip, then fold it into a triangle
7. Repeat with the remaining phyllo sheets until all the spinach mixture has been used up
8. Line a baking tray with non-stick parchment paper and bake the triangles at 180° until golden and crunchy