

SPINACH/SILVER BEET PIE (Spanakopita)

<i>Ingredients</i>	<i>Equipment</i>
Bunch of Silver Beet	Chopping Boards
1 Brown Onion	Knives
4 Spring Onions	Medium Mixing Bowl
2 Cloves Garlic	Cup & Spoon Measures
Handful of Parsley	Garlic Crusher
3 Eggs	Whisk
¾ Cup Ricotta	Pastry Brush
100 Grams Feta	Frying Pan
¼ Teaspoon Nutmeg	Baking Dish
Salt & Pepper to taste	
3 Sheets Fillo Pastry	
¼ Cup Olive Oil to brush the Fillo	

What to do

- 1. Get out all required equipment**
- 2. Weigh and measure ingredients**
- 3. Peel and dice the onion.**
- 4. Peel and crush the garlic**
- 5. Top and tail the spring onions and slice finely.**

- 6. Chop the silver beet roughly**
- 7. Chop the parsley roughly**
- 8. Add a little oil in the frypan. Saute the onion, spring onions and garlic until soft.**
- 9. Add the chopped silver beet to the frypan and sauté until limp. Remove from the heat.**
- 10. In your medium mixing bowl, whisk the eggs, add the ricotta and crumble the feta. Add salt and pepper and nutmeg and parsley.**
- 11. Add the silver beet mixture and mix well.**
- 12. Lay 1 sheet of fillo in the baking dish. Gently brush with olive oil. Do this 3 times.**
- 13. Pour in the silver beet mixture evenly.**
- 14. Place the overhanging fillo over the mixture and brush with oil. Sprinkle with poppy seeds (optional).**
- 15. Bake in a 175° oven for approximately 30 minutes or until golden.**