



# Cheese and spinach filo pies

Recipe adapted from Taste.com, Published 2023

Traffic light category: **Amber** Serves: 12 x 120g pies

## Ingredients


- 1 x 240g packet frozen spinach (thawed)
- 400g feta cheese, broken into small pieces
- 300g reduced-fat ricotta cheese
- 3 spring onions, ends trimmed thinly sliced
- ½ cup chopped parsley
- 3 teaspoons finely grated lemon rind
- 4 eggs, lightly beaten
- Freshly ground black pepper to taste
- 6 sheets filo pastry
- Olive oil spray
- 1 punnet cherry tomatoes, cut in half

## Method

1. Preheat oven to 180°C, spray ½ cup capacity (12 cup) muffin tray with oil
2. Place spinach in a colander and squeeze out excess liquid
3. Combine the spinach, feta, ricotta, spring onions, parsley and lemon rind in a large bowl. Add eggs, stir until well combined, season with pepper
4. Place the filo sheets on a clean work surface one on top of the other. Cut the sheets into even squares, they will be approximately 8cm square
5. Spray one filo piece with oil and place it in the base of the prepared pan, allowing the corners to extend over the top of the pan
6. Repeat with five filo pieces, rotating them slightly, to completely cover the side of the pan
7. Repeat with remaining filo and oil to line remaining prepared pans
8. Spoon the spinach mixture among the filo cases, top each one with tomato halves
9. Bake for 25 minutes or until mixture is set and pastry is golden brown.



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