

Spanakopita

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Amber**

Serves: 95 (approximately 55g)

Ingredients

- 2kg frozen spinach, thawed, drained of liquid
- 8 cups flat leaf parsley, finely chopped
- 4 large red onions, finely chopped
- 8 cloves garlic, crushed
- 16 eggs
- 600g reduced fat feta cheese, crumbled
- 2 bunches dill, finely chopped
- Olive oil spray
- 375g packet filo pastry

Method

1. Preheat oven to 180°C, line a baking tray with greaseproof paper
2. Ensure the spinach is squeezed and drained of all liquid
3. Whisk eggs lightly in large bowl, add all ingredients except pastry, combine well
4. Lay one sheet of pastry on a clean bench, spray with olive oil spray, lay a second sheet on the top. Cut pastry into 3 strips longways. At the start of each strip add two tablespoon of the filling. Fold one corner to form a triangle, continue folding the triangle upon itself until the entire piece of pastry is used. Continue with remaining pastry and filling
5. Place on prepared tray, spray with olive oil, bake for about 30 minutes or until crisp and golden.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	2631kJ	491kJ
Protein	4.1g	7.7g
Total fat	3.5g	6.5g
Saturated fat	1.0g	2.0g
Carbohydrate	3.8g	7.2g
Sugars	0.5g	1.0g
Dietary fibre	1.3g	2.4g
Sodium	126mg	235mg



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☎ 9264 4999

✉ wasca@education.wa.edu.au [f /wascainc](#)

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