

SPINACH & RICOTTA FILO PIE

I've been meaning to do this recipe for a while as I had a pack of filo pastry in the freezer, it feels like quite a summery dish so now we're in the middle of a mini heatwave I decided to go for it.

This dish may sound like it's quite hefty and I appreciate that for most who are calorie conscious that pastry is normally of the menu but that's where filo is so handy. It's light, easy to work with and cooks really quickly.

Servings 4 | Prep 25 minutes | Total Time 1 hour

345 calories | 20g Protein | 43g Carbs | 11g Fat



Ingredients

- 1 medium onion, chopped
- 1 garlic clove, crushed
- 400g fresh spinach, washed and drained
- 250g ricotta cheese
- 200g reduced fat cottage cheese
- 120g protein kefir or low fat Greek yoghurt
- Handful of fresh parsley, chopped

1 tsp nutmeg

5-6 sheets filo pastry

10g butter, melted for brushing

Directions

1. Place a non-stick frying pan over a low-medium heat. Add in your onions and gently fry for about 5 minutes and then add the garlic and cook for a further 5 minutes.
2. Gradually add the spinach leaves to the pan and allow them to wilt down and for some of the excess liquid to evaporate.
3. Add the cheese and kefir/yoghurt to the mixture and stir well. Add the nutmeg and parsley and stir again. Remove from the heat and allow to cool slightly.
4. To make the pie case: cut the filo sheets in half and line a 12" sprung form cake tin with them, overlapping each sheet at right angles so that the edges hang over the side of the tin. Reserve 3-4 pieces for the pie top.
5. Tip the mixture into the pie case and top with the remaining filo pieces, building them up one by one and brushing melted butter in between each layer.
6. Place the pie in a pre-heated oven, 180c or gas mark 4 for 35 minutes. The pie top and edges should be golden brown and look a little like a crown.
7. Remove from the oven and place on a rack to cool for about 10 minutes before removing the cake tin's sprung collar.
8. Serve with your choice of vegetables side.

This will keep in the fridge for up to 3 days and can be eaten cold, although the pastry will soften slightly.