



Spinach & Fetta Slice

a mild-cheese main course or afternoon snack

We used ready-prepared frozen puff pastry and frozen spinach for our version of this popular dish. By all means make your own pastry, if you have the time and the inclination. When fresh spinach is in season it is easily shredded and takes only a minute to cook in salted boiling water.

I haven't tagged this recipe as Gluten-Free because I'm not sure how the GF frozen pastry tastes. If you've already used it successfully, then you might like to give it a go.

- 2 sheets frozen puff pastry
- 1 brown onion (finely chopped)
- 3 spring onions (sliced in rings)
- 250g frozen spinach
- 200g Fetta
- 2 X 60g eggs (lightly beaten)
- a sprinkle of powdered dill
- 2 sprigs parsley (finely chopped)
- a shake of salt & pepper
- 30ml light-tasting olive oil



Drain the spinach if fresh, or thaw the frozen kind and squeeze out the water. Warm the olive oil in a small pan, add both types of onions, spinach, dill, parsley, salt and pepper, then cook on low to medium for 10 minutes, stirring occasionally. Allow to cool. Cut the Fetta into ½ inch (12mm) cubes, add these to the pan with the beaten eggs and combine well but gently. Take out the pastry sheets to defrost.

Use baking paper to line a 16cm x 25cm (10"x6") slice pan or a shallow oven-proof dish of similar size (bigger is okay). Put one pastry sheet in the bottom and spoon on the mixture, leaving a narrow strip around the border. Brush this edge with water, place the second sheet over the lot and press down the edges to seal. Prick the top in a few places with a fork, brush lightly with milk, then bake on 180°C (165°C fan-forced) for 30-40 minutes until the pastry is golden.

Serve hot or cold with salad (and fries)

Adequate for 4-6 as a main course

Freezes well

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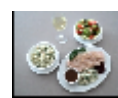
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