



Feta and spinach samosas

Makes 6

Baked spinach and feta crispy triangular pastry parcels. These are bursting with flavour and are delicious hot or cold!

INGREDIENTS

1 large white onion
250g spinach
2 tsp fresh mint
250g feta cheese
½ packet of filo pastry
Olive oil to glaze

ALLERGY ADVICE

Contains gluten & dairy

DIETARY COMPONENTS

Spinach – a superfood (it made Popeye very strong!)

Spinach is an excellent source of iron which plays a central role in transporting oxygen around your body, giving you lots of energy. It also contains many other vitamins and minerals and is a very good source of dietary fibre.

EQUIPMENT

Chopping board
Knife
Bowl
Colander
Frying pan and lid
Pastry brush
Baking tray

METHOD

1. Pre-heat the oven to 200C/180C fan/gas 6.
2. Peel and finely chop the onions and place into a bowl.
3. Remove the stalks from the spinach and wash thoroughly, drain in a colander.
4. Pick the mint leaves and finely chop.
5. Heat the frying pan, add a little olive oil and gently fry the onions until they are soft. Turn off the heat, then add the mint, spinach and feta. Cover with a lid and allow the spinach to wilt and then leave the mixture to cool.
6. Prepare the baking tray by lightly greasing with olive oil.
7. Take a sheet of filo pastry and cut into 2 equal lengths.
8. Take a small amount of the spinach mixture and put at the bottom of the length of pastry.
9. Use a folding technique to make a triangular parcel. Repeat with the remaining strips, then place the pastries, folded side down, onto a baking tray. Brush with the oil and bake in the oven for 15-20 minutes.
10. Remove from the oven and serve hot or cold.