

KALE AND SPINACH SPANAKOPITAS

Equipment needed –

Large bowl, 2 large oval baking dishes, large bowl, medium bowl, small knives, chopping boards, scissors, cups, juicer, measuring cups, whisk, micro plane and frying pan.

Ingredients from the Garden –

- 3kg silver beet
- 600 g kale
- 800 g feta cheese
- 2 bunches spring onions
- 1 cup finely chopped fresh dill
- 1 ½ cups finely chopped flat leaf parsley
- ½ cup of lemon juice
- 6 eggs, beaten lightly
- 4 teaspoons grated lemon rind

Ingredients from the Pantry –

- Olive oil spray
- 12 sheets of filo pastry

What to do –

1. Preheat the oven to 180°C.
2. Tear the kale leaves from the stems, wash, and finely chop.
3. Wash the silver beet leaves and finely chop.
4. Finely chop the silver beet stems and cook for 10 minutes in a saucepan over a high heat until softened.
5. Cook the chopped silver beet and kale leaves. Transfer to a colander to cool and drain. Once cool enough to handle, squeeze the excess water from the silver beet and kale mixture. Transfer to a large bowl.
6. Wash and finely chop the spring onions and add to the large bowl with the silver beet and kale.
7. Crumble the feta cheese and add to the large bowl.
8. Finely chop the parsley and dill and add to the large bowl. Then grate 4 teaspoons of lemon rind and add to the bowl. Juice the lemon and add ½ cup of lemon juice into the bowl.
9. In a separate medium bowl, crack and lightly whisk 6 eggs. Once beaten add to the large bowl with the feta and herbs. Mix to combine, then season with freshly ground black pepper.
10. Spray the oval dishes with olive oil spray. Place 1 piece of filo pastry into each of the oval dishes allowing pastry to overhang the edge. Lightly spray with the olive oil spray.
11. Repeat with 3 more pieces of filo pastry, (into each dish so using 6 more pieces) stacking them into the dish and spraying them each time.
12. Place half of the filling into each dish. Fold over the sides of the pastry, than place 2 more layers of pastry on top of each pie, spraying again with olive oil. Fold in and neatly arrange the overlying pastry.
13. Sprinkle a little water over each pie; this will prevent the pastry from burning and bake for 35 minutes or until golden. Serves – 28 students