

Spanikotiropitakia

Ingredients

20 leaves of kale/silver beet/spinach
4 spring onions
20 mint leaves
12 parsley stalks
1 large onion
1-2 tablespoons of olive oil
2 eggs
200g fetta
200g ricotta
50gm parmesan
1 whole nutmeg
80g butter
10 sheets filo pastry

Method

Preheat oven to 180C.

Cut the stems away from the leaves of the kale or silver beet. Rinse leaves and spin them dry in a salad spinner. Roll the some leaves into a loose bunch and shred them with large knife. Place in a large bowl.

Trim the outside layers from the spring onions. Cut off the tops and ends and slice the rest. Rinse the mint and parsley. Dry by rolling in a tea towel and chop them up and put in the bowl with the silver beet and spring onion.

Heat the olive oil in the frying pan. Peel and dice the onion and sauté gently in the frying pan until it is softened. Add the kale/ silver beet and herbs and cook for 5 minutes or until there is no liquid left in the pan.

Put the colander in the sink and **tip the greens and onion mixture into the colander**. Press the mixture with the back of a spoon to remove excess moisture. Leave to drain.

Break the eggs into the large bowl and mix with a fork. Crumble in the feta and ricotta. Grate the parmesan and add it to the bowl along with the cooled silver beet mix and pinch of grated nutmeg. Stir gently together.

To prepare the filo pastry:

Take the damp tea towel and line it with aluminium foil.

Unwrap the pastry from the packet. When you are not using the filo place the tea towel over the pastry, foil side down, to stop the filo drying out and breaking.

Using a sharp knife, cut the filo lengthwise into three even strips. Brush the strips lightly with melted butter. Place a heaped teaspoon in the top right corner of the first strip. Fold the pastry over the filling to form a triangle shape and then keep folding to enclose the filling in a neat triangle. Brush the outside of the finished triangles with melted butter.

Line baking trays with baking paper and arrange triangles on the trays, bake for 20 minutes or until golden.