



SPINACH AND FETA PIE

with Cucumber-Olive Salad

MAKE FIRST

VEGGIE



HELLO

SPANAKOPITA

Greek for 'spinach pie', with spinach and feta filling and topped with crispy, buttery phyllo!

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 675



Phyllo Pastry



Baby Spinach



Lemon



Parsley



Dijon Mustard



Feta Cheese



Onion, chopped



Garlic



Mini Cucumber



Baby Gem Lettuce



Green Olives

BUST OUT

- Large Bowl
- Whisk
- Measuring Cups
- Zester
- Measuring Spoons
- Garlic Press
- Large Oven-Proof Pan
- Sugar (1 tsp)
- Medium Bowl
- Butter (2 tbsp)
- Silicone Brush
- Salt and Pepper
- Small Non-Stick Pan
- Olive or Canola oil

INGREDIENTS

2-person

- Phyllo Pastry 1 170 g
- Baby Spinach 227 g
- Lemon 1
- Parsley 10 g
- Dijon Mustard 6,9 1 ¼ tsp
- Feta Cheese 2 100 g
- Onion, chopped 56 g
- Garlic 10 g
- Mini Cucumber 66 g
- Baby Gem Lettuce 100 g
- Green Olives 30 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **450°F** (to bake the pie). Start prepping when oven comes up to temp! In Step 4, if you don't have an oven-proof pan, transfer spinach mixture to a 8x8" baking dish before assembling and baking!



1 PREP Wash and dry all produce.* Mince or grate the **garlic**. Zest, then juice the **lemon**. Roughly chop the **parsley**. Cut the **cucumber** in half lengthwise, then into ¼-inch thick moons. Roughly chop the **green olives**. Chop the **lettuce** into 1" pieces. In a medium bowl, crumble the **feta**.



4 ASSEMBLE PIE Using your hands, loosely scrunch up a **phyllo sheet** and arrange on top of the **spinach mixture**. Repeat with **remaining sheets** until the top of the **mixture** is covered. Bake in the middle of oven until the **phyllo** is crispy and golden-brown, 10-12 min. (**NOTE:** The part of the phyllo touching the spinach mixture won't be as crispy as the top.)



2 MAKE FILLING Heat a large oven-proof pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **onions**. Cook, stirring occasionally, until softened, 3-4 min. Season with **salt** and **pepper**. Add the **garlic**, **feta**, **spinach**, **½ tsp lemon zest** and **half the parsley**. Stir until the **spinach** wilts and **garlic** is fragrant, 1-2 min.



5 MAKE SALAD Meanwhile, in a large bowl, whisk together the **mustard**, **1 tbsp lemon juice**, **2 tbsp oil** and **1 tsp sugar**. Add the **cucumber**, **lettuce**, **green olives** and **remaining parsley**. Season with **salt** and **pepper**. Toss to combine.



3 PREP PHYLLO In a microwave safe bowl or in a small non-stick pan over low heat, melt **2 tbsp butter**. Unroll the **phyllo** and lightly brush every sheet with the **melted butter**.



6 FINISH AND SERVE Divide the **spinach-feta pie** and the **cucumber-olive salad** between plates.

OPA!

You did it! Don't forget to take a pic and post your spinach pies!