



THOUGHTFUL COOKING WITH TINA

Filo-less Spinach and Feta Greens Pie (No Pastry)

SERVES 10-12 • 50 MINS

An easy spinach and feta pie without pastry — wild garlic, leeks and mixed greens in a light batter. All the comfort of spanakopita, none of the filo.

INGREDIENTS

2 large leeks (approx. 500g), finely sliced
350g baby spinach
250g rainbow chard, stems and leaves finely sliced (approx. 1cm ribbons)
70g nettle tops
150g wild garlic, chopped
½ cup parsley, chopped
½ cup dill, chopped
150g organic strong flour
50ml extra virgin olive oil, plus 1 tbsp for sautéing and extra for the tray
400g organic feta, crumbled (optional)
½ tsp sea salt, or 1½ tsp if not using feta

ALLERGENS

Gluten (Flour) · Dairy (If Using)

METHOD

1. Preheat the oven to 170°C. Lightly oil a 31 × 24 cm stainless steel tray.
2. Bring a pan of water to the boil. Add the nettle tops and blanch for 1 minute. Drain, rinse briefly under cold water, then squeeze out the excess moisture. Transfer to a large bowl.
3. Bring the water back to the boil. Add the spinach and blanch for approx. 1 minute, until wilted. Drain and rinse under cold water. Using your hands, gently squeeze out as much moisture as possible, then add to the bowl with the nettles.
4. Heat the olive oil in a wide pan over a medium-low heat. Add the leeks with a small pinch of salt and cook for 10 to 12 minutes, until soft but not coloured. Remove from the pan and set aside to cool slightly.
5. In the same pan, add the chard stems with about ½ tablespoon olive oil and cook for 2 to 3 minutes, until just softened.
6. Add the leeks and chard stems to the bowl with the greens. Leave the mixture to cool for 5 to 10 minutes, then fold in the wild garlic, parsley and dill.
7. In a separate bowl, mix the flour and salt.
8. Drizzle the olive oil over the greens and mix through. Add the flour and gently fold it in using your hands, making sure it is evenly distributed. The flour will absorb any remaining moisture as the pie bakes.
9. If using feta, fold it through gently at this stage.
10. Transfer the mixture to the prepared tray and spread it evenly to a depth of about 1.5 to 2 cm.
11. Add 1 tablespoon of water to the bowl used for the greens. Use your hand to loosen any remaining flour and herbs, then pour this over the surface of the pie and spread it lightly.
12. Bake for 45 to 50 minutes, until set and lightly golden on top, with deeper colour around the edges.
13. Leave to rest for at least 1 hour before slicing. It is even better the next day.