

Spinach, Feta & Pine Nut Pie

Ingredients:

- ❖ 3 cups of frozen spinach leaves
- ❖ 4 eggs, whisked
- ❖ 1 red onion, diced
- ❖ 1 red chilli, thinly sliced
- ❖ 1 cup of mushrooms, diced
- ❖ 150g of low fat feta cheese
- ❖ 2 sheets of puff pastry
- ❖ ½ cup of pine nuts, toasted

Serves 6



Method:

To begin, line a medium tray with baking paper. Next place 2 sheets of puff pastry inside the tray, covering the base and sides. Next combine pie ingredients in a large mixing bowl. This includes frozen spinach (thawed), pine nuts, mushrooms, eggs, red onion and chilli. Mix well to combine. If required add 1-2 more eggs until desired consistency is achieved. At this stage also feel free to add in any other pie ingredients of your choice (preferably veggies). Next crumble feta into pie mixture and mix carefully. Then pour mixture into the puff pastry. Place in oven on medium heat for approximately 40 minutes, or until the pie is cooked and golden brown.