



Low FODMAP Spanakopita

Serves: 8

Prep: 20 minutes

Cook: 40 minutes



Ingredients	Metric	Imperial
1kg English spinach leaves (stalks removed)	1000 g	35.3 oz
2 tbsp olive oil		
2 cups leek greens, roughly chopped	190 g	6.7 oz
1 cup spring onion greens, roughly chopped		
300g feta cheese, shredded/crumbled	300 g	10.6 oz
30g dill, roughly chopped	30 g	1.06 oz
30g mint leaves, roughly chopped	30 g	1.06 oz
2 eggs, beaten		
Zest of 1 lemon		
Pinch of nutmeg		
Filo pastry (about 12 sheets)	250 g	8.8 oz
Oil, for greasing pastry		

Method

1. Preheat the oven to 200°C/392°F. Grease the 30 x 25cm tin with oil. Using half of the filo pastry for the bottom, line each sheet of pastry down so that the excess is overhanding. Brush or spray each sheet as you go with olive oil spray or using a pastry brush.
2. Chop the spinach and wash thoroughly – bathe the spinach in water using a colander and sprinkle some salt on top. Change the water 2 times for an extra thorough clean. Squeeze all of the water out of the spinach and set aside.
3. Place the olive oil, leek and spring onion greens in a medium sized pan and on low to medium heat. Cook until softened and set aside.
4. Add spinach, leek & spring onion greens, feta, herbs, eggs, lemon zest, and nutmeg into a bowl and mix well. Spoon in the filling into the pre-prepared tray.
5. Repeat the layering process with the leftover fillo pastry, brushing with oil in between each sheet. Make sure the top layer has enough oil. Cook for 30-40 minutes or until golden. Serve immediately.

Nutrition Information (per serve)	
Energy	1414 Kj / 338 cal
Protein	14.80g
Carbohydrates	22.40g
Sugar	14.80g
Total Fat	20.10g
Saturated Fat	7.20g
Fibre	5.30g