

OVERALL time: 65 mins

SPANAKOPITA

Wow your guests with our spectacular take on an all-time Greek favourite! Made with a shake of the aromatic Cape Herb & Spice Sprinkle Veggie Seasoning, this Spanakopita is packed with good-for-you greens and loaded with delicious flavour.

Metric

Number of servings : 8

ingredients

Main

- 30 ml Olive Oil
- 2 Large leeks, washed thoroughly & sliced
- 800 g Spinach or swiss chard, roughly chopped (do not use baby spinach)
- 2 Free - range XL eggs
- 300 g Feta Cheese, roughly crumbled
- 20 g Fresh dill, roughly chopped
- 1 Zest of lemon
- 1 bunch Spring onions, finely chopped
- 15 ml **Cape Herb and Spice's Veggie Sprinkle Shaker**
- 250 g Phyllo Pastry
- 15 ml Sesame Seeds
- 60 ml Olive oil

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 45 mins

Preheat oven to 200°C.

Heat olive oil in a large saucepan.

Add the leeks and cook until tender.

Add the spinach and cook until wilted.

Use a lid to steam the veg and help speed up the process.

Transfer to a sieve and press as much excess water out of the greens as possible.

In a large bowl combine the greens with the eggs, feta, dill, lemon zest and spring onions.

Season with the Cape Herb & Spice Sprinkle Veggie Seasoning.

Mix well.

Brush a 30cm x 20cm baking dish with olive oil.

Line with 4 sheets of the phyllo, brushing each sheet with olive oil as you layer them.

Leave any excess hanging over the sides.

Add the filling.

Tear up the last two sheets of phyllo into smaller pieces.

Brush each piece of phyllo pastry with olive oil as you go.

Seal up the middle of the pie with phyllo and fold in the sides.

Scrunch the rest to create some lovely wavy, crunchy bits on top.

Finally sprinkle the top with sesame seeds.

Bake for 30 - 40 minutes, until deeply golden brown and crispy.

Slice into generous squares and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

Metric

ingredients

Main

- 30 ml Olive Oil
- 2 Large leeks, washed thoroughly & sliced
- 800 g Spinach or swiss chard, roughly chopped (do not use baby spinach)
- 2 Free - range XL eggs
- 300 g Feta Cheese, roughly crumbled
- 20 g Fresh dill, roughly chopped
- 1 Zest of lemon
- 1 bunch Spring onions, finely chopped
- 15 ml **Cape Herb and Spice's Veggie Sprinkle Shaker**
- 250 g Phyllo Pastry

- 15 ml Sesame Seeds
- 60 ml Olive oil

Number of servings : 8

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 45 mins

Preheat oven to 200°C.

Heat olive oil in a large saucepan.

Add the leeks and cook until tender.

Add the spinach and cook until wilted.

Use a lid to steam the veg and help speed up the process.

Transfer to a sieve and press as much excess water out of the greens as possible.

In a large bowl combine the greens with the eggs, feta, dill, lemon zest and spring onions.

Season with the Cape Herb & Spice Sprinkle Veggie Seasoning.

Mix well.

Brush a 30cm x 20cm baking dish with olive oil.

Line with 4 sheets of the phyllo, brushing each sheet with olive oil as you layer them.

Leave any excess hanging over the sides.

Add the filling.

Tear up the last two sheets of phyllo into smaller pieces.

Brush each piece of phyllo pastry with olive oil as you go.

Seal up the middle of the pie with phyllo and fold in the sides.

Scrunch the rest to create some lovely wavy, crunchy bits on top.

Finally sprinkle the top with sesame seeds.

Bake for 30 - 40 minutes, until deeply golden brown and crispy.

Slice into generous squares and enjoy!

