

## SPANAKOPITA BAKE WITH PINE NUTS

Heat a medium to large frying pan and add olive oil. Add garlic and onion, and sauté over medium heat until lightly browned, stirring continuously. Add nutmeg and keep stirring for 10 seconds before adding spinach and spring onion. Continue to stir-fry until the spinach is wilted. Add parsley, pine nuts, salt and pepper, stir through and remove from the heat.

In a mixing bowl, combine eggs, feta and ricotta. When the spinach mixture has cooled, add it to the egg-and-cheese bowl and mix well. Adjust seasoning and set aside.

Unroll phyllo sheets on a smooth, dry work surface. Brush the first sheet with melted butter, place a second sheet on top and also brush with melted butter. Gently spread a thin layer of the spinach mixture on the sheet, leaving 2,5 cm space around the top and sides. Brush this margin with egg yolk and roll the pastry to form a sausage; ensure the sides and corners are well sealed. Keep the pastry covered with a damp tea towel.

Preheat the oven to 170°C. Line a baking tray or oven dish with baking paper to cover all sides and brush the surface with melted butter.

Place the pastry roll in the centre of the dish and curl it upon itself to form a tight spiral. Repeat the process with the other four or five pastry rolls, wrapping them around the first one to enlarge the spiral.

Brush the top of the pastry spiral with left-over egg yolk and melted butter, and sprinkle with poppy or sesame seeds. Bake for 20 to 30 minutes. Remove from the oven and serve hot or cold.

Serves 8-10

50 ml olive oil, to sauté  
4 garlic cloves, finely chopped  
1 large white onion, chopped  
10 ml ground nutmeg  
3 bunches spinach, washed and roughly chopped  
4 spring onions, thinly sliced  
bunch of flat-leaf parsley, chopped  
50 g pine nuts, toasted  
salt and pepper to taste  
3 eggs, beaten  
120 g feta cheese, roughly crumbled  
120 g ricotta cheese, roughly crumbled  
6-8 phyllo pastry sheets  
150 g butter, melted  
2 egg yolks, beaten, to glue pastry  
30 ml raw poppy or sesame seeds, for topping



