

Recipe Name: Greek Style Spinach Spanakopita Recipe

Diet Type:

Course: Appetizer

Cuisine: Greek

Quantity: 1 piece



Ingredients

Ingredient	Quantity
• 1 cup Spinach Leaves (Palak) - washed	4
• 1 cup Paneer (Homemade Cottage Cheese) - grated	
• 2 Onions - sliced	
• 3 cloves Garlic - grated	
• 1 teaspoon Fresh Thyme leaves	
• 1 teaspoon Dried oregano	
• 1 cup All Purpose Flour (Maida)	
• 1/2 cup Butter	
• Salt - to taste	

Preparation

- We begin making the Greek Style Spinach Spanakopita by kneading the dough for phyllo pastry, mix it along with water and knead it into a soft dough.
- In the mean while pre heat the oven at 180 degree Celsius for 10 minutes.
- Cook till is combined well.
- Roll out the phyllo dough to very thin, place it on the pie mold and trim off the extra dough from the edges, using a fork prick three times and bake it in the oven 5 minutes.
- In the mean while with the remaining dough, roll into a book fold for around 3 times and then finally roll it very thinly.
- Then add the filling into the pie shell after it is baked, Add the remaining rolled out dough on top of the pie and seal it.
- Bake the pie for about 45 minutes till it is golden brown.
- You can glaze it with honey just before 5 minutes of baking to give it a golden texture.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
300	8	30	18	3	2

