

Greek Spanakopita triangles

Ingredients

- 10 sheets of filo pastry
- 500g spinach, washed and roughly chopped
- 2 red onions, finely chopped
- 1 spring onion, finely chopped (optional)
- 2 cloves of garlic, crushed
- 2 eggs, beaten
- 200g feta cheese, crumbled (7 ounces)
- a pinch of grated nutmeg
- 1-2 tbsp. fresh dill, chopped (optional)
- some melted butter or olive oil for brushing
- salt and pepper to taste



Directions

1. To prepare this spanakopita triangles recipe start by making the filling first. Sauté the onions in a large knob of butter or olive oil until soft and turning golden. Add the garlic and cook for a couple of minutes. Add the spinach in batches and cook until wilted.
2. Let the mixture cool down for a while and then tip into a bowl, leaving behind any excess liquid from the spinach (you don't want your spanakopita triangles to become mushy). Mix in the feta cheese, eggs, nutmeg, spring onion and season. At this point you can add some chopped fresh herbs if you like; some fresh dill will surely lift the flavour. This will be the filling of the spanakopita triangles.
3. Preheat the oven to 180C and start shaping your spanakopita triangles.
4. Spread one sheet of the filo pastry on the kitchen counter and with a cooking brush drizzle with some melted butter or olive oil. Spread one more sheet on top and drizzle with some more butter.
5. Cut the filo sheets in 3-4 lanes (depending on if you like the spanakopita triangles to be small or larger). At the end of each lane add one tablespoon of the filling. Fold one corner to form a triangle and continue folding the triangle upon itself, until the entire piece of filo is used. Continue with the rest filo sheets and filling.
6. Oil the bottom of a large baking tray, place the spanakopita triangles and brush them with some melted butter on top. Bake in preheated oven at 180C for 25-30 minutes, until golden and crispy.

Note

If your not sure how to make the triangles, watch the video provided of the One Pot Chef making his version of the Spanakopita Triangles.