



## Niki's Cheese & Spinach Pastries Recipe

Makes 18 pieces    Prep 30 mins    Cooking Time 30 mins

### Ingredients

3 sheets frozen puff pastry  
1/2 bunch (500g) silverbeet  
1 bunch (250g) english spinach  
a squeeze of lemon juice  
1/2 cup finely chopped fresh dill  
1/2 cup finely chopped fresh chives  
3 shallots finely chopped  
70g pine nuts, lightly toasted  
2/3 cup (125g) cottage cheese  
2/3 cup (125g) danish feta, crumbled  
2 eggs, lightly beaten  
1 egg extra, lightly beaten  
sesame seeds to sprinkle on top of pastries

### Bakeware

2 oven trays, greased and lined with baking paper

### Method

1. Preheat oven to 200 degrees celsius.
2. Cut stalks from silverbeet and spinach, wash and shake off excess water. Place spinach in saucepan, put lid on and place on hotplate on a moderate heat. When spinach has wilted which should only take about 2 minutes remove from heat saucepan and drain. When spinach has cooled squeeze out any excess liquid and chop finely. Squeeze a little lemon juice over spinach and mix.
3. Place spinach into a large bowl and add herbs, cheeses, eggs, shallots and pine nuts. Mix the ingredients till they are combined well.
4. Take partially thawed puff pastry sheets and cut each sheet in half making 6 rectangles all up. Spoon filling down the centre length of each pastry. Fold over 1 edge and brush with extra beaten egg. Fold over the other side overlapping pastry and gently press down, then brush this side with egg. Cut each pastry into 3 even sized pieces, turn pastries over, brush top side with egg and sprinkle with sesame seeds.

5. Place pastries (seam side down) on prepared baking trays and bake in preheated oven for about 30 minutes. Cool slightly on a cooling rack and enjoy.

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### Tips

You can use more eggs if you require more protein and use ricotta or feta cheese for a slightly different taste and lower fat.

### Nutritional Note

Baby Spinach is very low in calories, rich in vitamins A, C, K, folate and calcium. Spinach also contains flavonoids and beta-carotene that are important in maintaining health and preventing disease. It is great eaten raw in salads or cooked in a variety of dishes.