

Spinach and Feta Cups

Makes 12



Ingredients

- Spray oil
- 500g frozen spinach, chopped
- 200g feta cheese, crumbled
- 2 eggs, beaten
- ¼ tsp pepper
- 8 sheets filo pastry
- ¼ cup extra virgin olive oil



1 PRE-HEAT

Preheat oven to 200°C. Prepare a 12-hole muffin tin by spraying with oil.

2 DEFROST

Defrost spinach in a colander over a bowl. Press the spinach with paper towel to draw excess moisture.

3 COMBINE

Combine spinach, feta, eggs and pepper in a bowl with a wooden spoon. Mix well.

4 CUT PASTRY

Stack 8 pastry sheets onto a chopping board. Divide into 9 even squares with a sharp knife.



5 BRUSH

Make stacks of 6 pastry squares and brush with oil between each sheet. Place each pastry stack into prepared muffin tin.

6 SPOON

Spoon spinach mix evenly across the pastry cases.

7 BAKE

Bake for 15 minutes or until edges are golden brown.

8 COOL

Cool for 10 minutes in tray and move to a cooling rack. Enjoy for a lunchbox snack!