

Greek Spinach Triangles (Spanokopitas)

Ingredients

- 3 tablespoons [olive oil](#)
- 1 large [onion](#), chopped
- 4 spring onions, chopped
- 2 [garlic cloves](#), minced
- Approximately 1kg [spinach](#), rinsed and chopped
- $\frac{1}{2}$ cup [fresh parsley](#), chopped
- 2 [eggs](#), lightly beaten
- $\frac{1}{2}$ cup [ricotta cheese](#)
- 1 cup [feta cheese](#), crumbled
- Filo pastry
- $\frac{1}{4}$ cup [olive oil](#)
- 80g unsalted butter

Directions

1. Preheat oven to (190 degrees C). Line 2 oven trays with baking paper, lightly oiled (olive oil spray).
2. Heat 3 tablespoons olive oil in a large frying pan over medium heat. Sauté onion, spring onions and garlic, until soft and lightly browned. Stir in spinach and parsley, and continue to sauté until spinach is limp, about 2 minutes. Pour mixture onto cold tray to increase cooling time.
3. In a medium bowl, mix together eggs, then add ricotta and feta cheeses. Stir in cooled spinach mixture. Set aside.
4. Melt 80g unsalted butter in microwave or small saucepan
5. Remove pastry and cut a strip 8cm wide, cutting through all layers.
6. Separate pastry so that you have 2 sheets for your first triangle.
7. Cover remaining dough with a damp cloth to prevent cracking.
8. Using pastry brush, lightly coat the first sheet with melted butter. Place second piece on top and brush with butter also.
9. Put 1 tablespoon of spinach mixture at the bottom of the strip.
10. Fold pastry over from one side to the other keeping a neat triangle shape.
11. Place on greased baking sheet; brush top with butter.
12. Bake at 190 degrees C for 20 minutes or until lightly browned.
13. Serve warm.