

LEEK, SPINACH, HERB & FETA CHEESE PIE

This pie can be eaten warm or cold, make 1 large pie or 2 individuals, take it to work for lunch. A great way to use up surplus herbs.



1 tsp oil
1 small leek (100g) – sliced into 5mm slices
150g frozen leaf spinach - defrosted
50g fresh mixed herbs
2 eggs
15g mixed pinenuts, pumpkin & sunflower seeds
50g feta cheese
1 small clove garlic
Pepper

Set the oven to 200C/400F/Gas6

Slice the leeks, squeeze the water out of the spinach & chop roughly. Chop the herbs and crumble the feta cheese.

Line an ovenproof dish or individual tart cases with non-stick baking paper. I used a 17 x 11cm dish.

Heat the oil in a heavy based pan to medium hot.

Fry the leek & garlic for a few minutes to soften.

When the leeks are soft, remove from the heat, stir in the spinach, herbs & feta cheese, then add the eggs and black pepper.

Stir everything together, put into the dish, sprinkle with the seeds and place in the oven. Bake for 15 min.

Allow to cool for 10 min before removing from the tin and cutting into wedges to serve.

Per serving 316Kcal, 17g Protein, 17g Fat (5.8g saturated), 28.5g Carbs, 4g Sugar, 471mg salt

Hints, Tips and Variations

- ◆ *Gluten & wheat free*
- ◆ *Other vegetables that work well are courgettes & broccoli. Substitute the leek & some of the spinach or herbs.*
- ◆ *If you have spare pancetta rashers, grill to crispy, chop & add.*
- ◆ *If you have spare prosciutto, lay over the baking parchment before tipping on the spinach mix.*