

Brazilian spinach and Feta triangles

By Erin Vaid of Alawa Primary School



Brazilian spinach is an easily grown spinach, which thrives in the wet season as a ground cover. Pick off the stalks and use cooked, in an recipes using English spinach...

- 1 packet of filo pastry sheets**
- 2 cups Brazilian spinach (can increase this if you wish)**
- 125 grams low-fat feta crumbled**
- 250 grams low-fat fresh ricotta**
- 1 tablespoon Parmesan**
- 2 eggs beaten lightly**
- 1 tsp. nutmeg**
- 3 leaf all spice**
- 1/4 cups butter melted**
- 1-tablespoon sesame seeds**

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- Boil a medium pan of water and blanch the spinach. Squeeze out excess moisture using hands or sieve. Place in a mixing bowl.
- In a medium bowl add the squeezed spinach, eggs, crumbled feta, ricotta, parmesan, nutmeg, allspice and salt and pepper, mix until well combined.
- Lay out one sheet of filo pastry. Brush with melted butter or spray with oil spray. Lay another sheet of filo pastry on top. Repeat until there is three layers.
- Using a knife, cut pastry into three equal strips (length ways), then place a small amount on the end of the strip. Fold the pastry across into a triangle.
- Keep folding the triangle-shaped filling up the strip until it is used up.
- Place the triangles on a baking tray, brush the top of the triangles with butter and sprinkle with sesame seeds.
- Bake at 190C for 15 minutes until pastry golden brown.
- Serve warm with salad.