



CHICKEN AND SPINACH PIE



Method:

1. Preheat oven to 180 degrees.
2. Spray pie dish with oil or line bottom with baking paper.
3. Lightly brush or spray 5 sheets of filo with oil and line baking dish.
4. Heat oil in a medium non-stick pan and cook onion and garlic over medium heat for 4 minutes or until golden.
5. Add chicken to pan and cook for 4 minutes or until cooked through.
6. Scatter chicken and onion mixture over the pastry.
7. Combine feta, cottage cheese, spinach and eggs in a bowl and pour mixture over chicken.
8. Brush or spray remaining filo layers with oil and cover top of pie. Tuck in the edges to seal pie.
9. Crumble over some feta cheese and pine nuts.
10. Bake for 20-30 minutes or until golden

Ingredients:

Spray oil
1 tsp olive oil
10 sheets filo pastry
1 onion, diced
1 garlic clove, crushed
300g chicken breast, diced
1 ½ cups low-fat feta, crumbled
1 ½ cups low-fat cottage cheese
250g spinach, roughly chopped
5 eggs, lightly beaten
Small handful pine-nuts

Nutrition Information

Makes 5 serves.

Nutrient	Per serve
Energy	2033 kJ
Protein	48 g
Fat	22 g
Carbohydrate	21 g
Sodium	590 mg
Fibre	3.9 g
Calcium	310 mg

HOT TIPS

This is a great meal for a midweek dinner or a portable lunch as it is fairly simple and quick. Serve with a simple Greek or garden salad made with lots of fresh lettuce and vegetables. Another option is to serve with roughly chopped tomatoes tossed with finely diced shallots, olive oil and red wine vinegar.

