

[VIDEO LINK > https://youtu.be/loOYdpW_WkY](https://youtu.be/loOYdpW_WkY)

Spanakopita Triangles

Ingredients

375g pack filo pastry
300g spinach, baby spinach or silverbeet
1 onion
1 small fennel bulb
1 handful fennel fronds
2 spring onion
2 large cloves of garlic
2 eggs
200g fetta cheese
300g firm ricotta
Pinch of nutmeg
Olive oil for brushing
Salt and pepper

Makes Approx. 40 small triangles



What to do:

1. Preheat the oven to 180c
2. To make the filling. Peel the onion and finely dice
3. Wash the fennel thoroughly, making sure to wash inbetween the layers. Shake off the water and chop off the fronds. Dice the bulb finely. Finely chop 2 Tbs of fronds
4. Peel the garlic and roughly chop. Sprinkle with salt and use a fork to smash into a paste
5. Wash the spring onions. Chop off the roots and slice finely
6. Wash the silverbeet, shake off the water. Remove and discard the stems. Roll the leaves into a ball and shred finely
7. Heat a drizzle of olive oil in a pot and cook the onion and fennel for 5 minutes until soft and translucent. Add the garlic and cook for a few minutes. Add the silverbeet, mix together and turn off the heat. Let the mixture cool
8. In a large bowl, mash the fetta with a fork. Add the ricotta, nutmeg, spring onion, fennel fronds and season with pepper. Beat the eggs with a fork and add to the bowl. Add the silverbeet and onion to the bowl. Mix well
9. To assemble the triangles. Place one sheet of filo on the bench and use a pastry brush to drizzle with olive oil. Spread one more sheet of filo on top. Keep the remaining filo under a damp tea towel until ready to use
10. Cut the filo sheets into 3 long strips. At the end of each strip add one tablespoon of the filling. Fold one corner to form a triangle and continue folding the triangle upon itself, until the entire piece of filo is used. Brush the end of the filo strip with a little olive oil and fold over so it sticks. Continue with the rest of the filo sheets and filling
11. Place the triangles onto a baking tray lined with baking paper. Brush with some oil. Bake for 25-30 minutes, until golden and crispy
12. Serve and enjoy