



# Greek pie with greens feta and yogurt

20'

Hands on

70'

Cook Time

10-12

Portion(s)

1

Difficulty



## Method

- Preheat oven to 170\* C (338\* F) Fan.
- Place a [nonstick pan](#) over high heat.
- Add 2 tablespoons olive oil and the butter.
- Coarsely chop the onions and add them to the pan.
- [Cut](#) the leek into rounds and add them to the pan.
- Thinly slice the garlic and add to the pan.
- Sauté for 5 minutes, until they caramelize.
- Finely chop the white part of the spring onions and set the green part aside.
- Add the greens to the pan along with the white part of the spring onions, salt and pepper.
- Sauté for 3-4 minutes, until the greens wilt and their volume decreases.
- Transfer to a bowl and allow to cool.
- Spread the phyllo dough out on a clean working surface.
- Brush a [25x35 cm baking pan](#) with olive oil and add 1 sheet of phyllo.
- [Drizzle with olive oil](#) and cover with a second sheet of phyllo in a crisscross manner. Drizzle with olive oil and add a third sheet of phyllo.
- In the bowl with the filling, add the yogurt, eggs and the feta cheese crumbled with your hands.
- Tear the chervil into large pieces and add them to the bowl along with dill leaves, mint leaves and parsley leaves.
- Add the lemon zest and mix until all of the ingredients are completely combined.
- Spread the filling over the sheets of phyllo in the baking pan.
- Cover with a sheet of phyllo. Drizzle with olive oil and cover with a second sheet of phyllo in a crisscross manner. Drizzle with olive oil and cover with the last sheet of phyllo.
- Turn the edges inward and score the pie with a knife.
- Brush the surface with the remaining olive oil and bake for 70 minutes.
- When ready, remove from oven, cut into pieces and serve.

## Ingredients

- 3 onions
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 leek
- 1 clove of garlic
- 2 spring onions
- 1 kilo various greens (spinach, amaranth greens, chard)
- salt
- pepper
- 100 g Greek strained yogurt
- 2 eggs, medium
- 500 g feta or white cheese
- 700 g whole wheat country phyllo dough
- 200 g chervil
- ½ bunch dill
- ½ bunch parsley
- ½ bunch chervil
- grated zest of 2 lemons
- 100 g olive oil, for brushing phyllo

## Διατροφικός πίνακας

Nutrition information per portion

502 Calories (kcal)	27.0 Total Fat (g)	12.0 Saturated Fat (g)	41.0 Total Carbs (g)
25%	39%	60%	16%
6.5 Sugars (g)	20.0 Protein (g)	6.0 Fibre (g)	0.99 Sodium (g)
7%	40%	24%	17%