



Light spinach and feta pasta bake

40'
Hands on

30''
Hands off

50'
Cook Time

10-12
Portion(s)

2
Difficulty



Method

For the pasta

- In a bowl add the flour, the semolina, the eggs, the thyme, the water, salt, pepper, the olive oil, and mix with a fork.
- As soon as the dough starts thickening, keep kneading with your hands until there is a thick dough.
- Wrap the dough with plastic wrap and refrigerate for 20-30 minutes.

For the filling

- Place a [frying pan](#) over high heat.
- Cut the spinach into large pieces and add them to the pan. Add the garlic finely chopped, the spring onions coarsely chopped, the olive oil, salt, pepper, and sauté for 10-15 minutes until the spinach wilts.
- Set aside to cool.

To assemble

- Preheat the oven to 200° C (390° F) set to fan.
- Dust your working surface with semolina and place the dough on it.
- With a rolling pin, roll out the dough into a 40x50 cm sheet.
- Spread the filling over the whole surface of the dough and add the mint and the thyme finely chopped, the lemon zest, and the feta crumbled with your hands.
- Fold into a roll and [cut](#) into 12 pieces.
- Transfer the pieces to a [baking pan](#) that is greased with olive oil and dusted with semolina.
- Softly press the rolls with your hands. Add the stock and bake for 40-50 minutes.
- Serve with olive oil, pepper, feta cheese, and oregano.

Tip

Apart from the stock, you can add heavy cream or half and half.

Ingredients

For the pasta

- 250 g all-purpose flour
- 50 g semolina, fine
- 3 eggs, medium
- 1 tablespoon(s) thyme
- 2 tablespoon(s) water
- salt
- pepper
- 2 tablespoon(s) olive oil
- semolina, For the dough and the pan

For the filling

- 1 kilo spinach
- 1 clove(s) of garlic
- 3 spring onions
- 3 tablespoon(s) olive oil
- salt
- pepper
- 1/4 bunch mint
- 1 tablespoon(s) thyme
- lemon zest, of 1 lemon
- 250 g feta cheese
- 500 g vegetable stock

To serve

- olive oil
- pepper
- feta cheese
- oregano

Διατροφικός πίνακας

Nutrition information per portion

269 Calories (kcal)	16.0 Total Fat (g)	4.9 Saturated Fat (g)	20.0 Total Carbs (g)
13%	23%	25%	8%
0.6 Sugars (g)	10.0 Protein (g)	2.3 Fibre (g)	1.0 Sodium (g)
1%	20%	9%	17%