



Greek no-phylo leek pie

20'
Hands on

30'
Cook Time

6-8
Portion(s)

1
Difficulty



Ingredients

- 3 leeks, only the white part
- 6 tablespoon(s) olive oil
- 2 clove(s) of garlic
- 200 g feta cheese
- 1 tablespoon(s) thyme leaves
- 2 tablespoon(s) mint leaves
- 1/4 bunch dill
- 2 eggs, medium
- 150 g milk, 3,5% fat
- salt
- pepper
- 70 g spelt flour

Διατροφικός πίνακας

Nutrition information per portion

220 Calories (kcal)	17.0 Total Fat (g)	5.7 Saturated Fat (g)	8.3 Total Carbs (g)
11%	24%	29%	3%
2.5 Sugars (g)	8.2 Protein (g)	1.9 Fibre (g)	1.0 Sodium (g)
3%	16%	8%	17%

Method

- Preheat the oven to 180°C (350°F) set to fan.
- Cut the leeks in half and then into thin slices.
- In a large [frying pan](#) over medium heat, add 4 tablespoons olive oil and sauté the leeks for 4-5 minutes, until they are slightly tender but not browned.
- Finely chop the garlic and sauté it along with the leeks for 1 minute.
- Remove the pan from the heat and transfer the leeks with the garlic into a [bowl](#).
- Crumble the feta cheese with your hands and add it to the bowl.
- Finely chop the herbs, the dill, and add them to the bowl.
- In another bowl beat the eggs with a fork along with the milk, salt, pepper, and 1 tablespoon olive oil.
- Add the flour and whisk.
- Add the leek mixture into the bowl with the rest of the ingredients and mix with a serving spoon, until there is a uniform mixture.
- Lightly grease a round 24 cm [baking pan](#) with 1 tablespoon olive oil and pour the mixture in.
- Bake in the oven for 30 minutes, until the pie is firm and golden.
- Remove the baking pan from the oven and let the pie cool a little, for about 20 minutes.
- Cut into pieces and serve.