



# Greek spinach kourou dough pie - Spanakopita

25'  
Hands on

15''  
Hands off

50'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Ingredients

- 1 kilo spinach
- 40 g water
- 3 spring onions
- 1/3 bunch dill
- 1/3 bunch mint
- salt
- pepper
- 200 g cream cheese
- lemon zest, of 1 lemon
- 500 g feta cheese
- 6 tablespoon(s) olive oil
- 650 g kourou dough sheets
- 20 g sesame seeds

## Διατροφικός πίνακας

Nutrition information per portion

682 Calories (kcal)	48.0 Total Fat (g)	23.0 Saturated Fat (g)	39.0 Total Carbs (g)
34%	69%	115%	15%
7.4 Sugars (g)	21.0 Protein (g)	7.7 Fibre (g)	3.0 Sodium (g)
8%	42%	31%	50%

## Method

- Preheat the oven to 180° C (356° F) set to fan.
- Place a [frying pan](#) over high heat.
- Add the spinach, the water, and sauté for 3-4 minutes until it wilts, loses all of its moisture, and only the 1/5 of its total volume remains.
- Finely [chop](#) the spring onions and add them to the pan.
- Finely [chop](#) the dill, the mint, and add them into a bowl. Add the ingredients from the frying pan, salt, pepper, cream cheese, lemon zest, the feta cheese crumbled, 2 tablespoons of the olive oil, and mix.
- Grease a [28 cm baking pan](#) and spread one kourou dough sheet.
- Spread the filling, add 2 tablespoons olive oil, and cover with the other kourou dough sheet. Fold the edges of the pie all around the baking pan in order to crimp the pie, and spread 2 tablespoons olive oil. Cut into 8 pieces and sprinkle with the sesame seeds.
- Bake for 40-50 minutes.
- Allow 10-15 minutes for it to cool on a rack and [serve](#).