



Whole-wheat spinach pie

20'
Hands on

50'
Cook Time

6-8
Portion(s)

1
Difficulty



Ingredients

- 500 g spinach, fresh, cleaned
- 1 bunch dill
- 3 spring onions
- 1 bunch chervil
- 1 tablespoon(s) salt
- 4 eggs, medium
- 260 g olive oil
- 450 g milk, 3,5% fat
- 380 g whole-wheat flour
- 1 tablespoon(s) baking powder
- 400 g anthotyro cheese, or feta cheese
- pepper
- 1 teaspoon(s) sesame seeds

Διατροφικός πίνακας

Nutrition information per portion

647 Calories (kcal)	46.0 Total Fat (g)	12.0 Saturated Fat (g)	36.0 Total Carbs (g)
32%	66%	60%	14%
5.3 Sugars (g)	19.0 Protein (g)	5.9 Fibre (g)	2.2 Sodium (g)
6%	38%	24%	37%

Method

- With your hands, coarsely chop the spinach and add it to a [bowl](#).
- Finely chop the dill, the spring onions, the chervil, and add them to the bowl.
- Add 1 tablespoon salt and mix with your hands, while squeezing the water out of the spinach. Drain and set aside.
- Preheat the oven to 180°C (350°F) set to fan.
- In a second bowl, use a fork to whisk the eggs along with the 250 g olive oil and the milk.
- In another bowl, use a spoon to mix the flour with the baking powder.
- Add the flour, in batches, into the bowl with the eggs and whisk until there is a thick batter.
- Add the spinach with the herbs, crumble the anthotyro or the feta cheese with your hands and add it into the bowl, add a little salt, pepper, and mix with a spoon until there is a uniform mixture.
- Lightly grease, with the 10 g olive oil, a 30 cm round [baking pan](#), pour the mixture into the pan, and sprinkle with the sesame seeds.
- Bake in the oven for about 45-50 minutes, until the batter is thick and the pie golden.
- Remove the baking pan from the oven, allow 20 minutes for the pie to slightly cool, cut it into pieces, and serve.