



Greek spinach pie with homemade kourou dough - Spanakopita

30'
Hands on

2 hours'
Hands off

50'
Cook Time

8-10
Portion(s)

2
Difficulty



Method

- Preheat oven to 190* C (374* F) Fan.

For the dough

- Beat the cream cheese and butter for 2-3 minutes in a mixer, until light and fluffy.
- Combine the flour and salt and add it to the mixer.
- Beat just long enough to combine. The flour should not be beaten for long.
- The dough created will be very, very soft.
- When ready, divide the dough in half and shape in to 2 balls.
- Wrap with plastic wrap and refrigerate for 1-2 hours so it can chill.
- While the dough is chilling, prepare the filling.

For the filling

- Place a [nonstick pan](#) over medium to high heat.
- Add the olive oil.
- Coarsely chop the spring onions and add them to the pan.
- Sauté until they soften.
- Tear apart the spinach with your hands and add it to the pan.
- Stir and sauté until all of its juices evaporate.
- When ready, transfer to a bowl.
- Roughly chop the mint and add it to the bowl.
- Add the dill, lemon zest, crumbled feta, cream cheese, pepper and salt.
- Mix and the filling for the pie is ready.

For the spinach and herb pie

- When the dough has rested and chilled, roll out each piece in to a circular sheet that is 40 cm in diameter, using a generous amount of flour to help you. The circles do not have to be completely round...
- Spread one of the sheets on the bottom of a [30 cm round baking pan](#), letting some of the sheet of dough hang over the edge of the pan.
- Add the filling and spread it evenly over the dough.
- Cover with the second sheet of dough.
- Seal the edges along the circumference.
- Brush the surface of the dough with the prepared egg yolk.
- Bake for 40-50 minutes, placing it on the highest rack in the oven so that the pie can bake evenly on both top and bottom.

Ingredients

For the dough

- 300 g cream cheese, at room temperature
- 340 g butter, at room temperature
- 370 g all-purpose flour
- 1 teaspoon(s) salt
- 1 egg yolk, beaten with a little water, for brushing

For the filling

- 2 tablespoon(s) olive oil
- 3 spring onions
- 1 kilo spinach, washed
- 1/2 bunch mint
- 1/3 bunch dill
- lemon zest, of 1 lemon
- 500 g feta cheese, crumbled by hand
- 200 g cream cheese
- pepper
- salt

Διατροφικός πίνακας

Nutrition information per portion

684 Calories (kcal)	53.0 Total Fat (g)	33.0 Saturated Fat (g)	31.0 Total Carbs (g)
34%	76%	165%	12%
4.1 Sugars (g)	17.0 Protein (g)	5.5 Fibre (g)	2.5 Sodium (g)
5%	34%	22%	42%