



Recipe Category / Savory pies and Tarts

Greek cheese pies with whole wheat phyllo - Tiropitakia

20'
Hands on

20'
Cook Time

12
Portion(s)

1
Difficulty



Method

- Preheat oven to 200* C (390* F) Fan.
- In a bowl, add the finely chopped olives, finely chopped sun dried tomatoes, yogurt, feta coarsely chopped, fresh oregano, dry oregano and pepper. Mix well with a spoon.
- Spread the sheets of phyllo on a clean working surface. Cut each sheet into 4 strips.
- **Drizzle strips of phyllo** with olive oil and add a levelled tablespoon of filling on each strip. Fold over diagonally to create a triangle.
- Transfer cheese pies to 2 baking pans lined with parchment and brush with olive oil.
- Bake for 15-20 minutes. 10 minutes into baking time, switch pans around.
- Serve with fresh basil, rosemary and fresh oregano.

Ingredients

- 3 sheets phyllo dough, whole wheat
- 50 g olives, pitted
- 50 g sun dried tomatoes
- 100 g Greek strained yogurt
- 300 g feta cheese
- fresh oregano
- dry oregano
- pepper
- 4 tablespoons olive oil

To serve

- fresh basil
- rosemary
- fresh oregano

Διατροφικός πίνακας

Nutrition information per portion

200 Calories (kcal)	11.0 Total Fat (g)	4.4 Saturated Fat (g)	17.0 Total Carbs (g)
10%	16%	22%	7%
1.8 Sugars (g)	6.9 Protein (g)	1.9 Fibre (g)	1.2 Sodium (g)
2%	14%	8%	20%