

Silverbeet & ricotta pie



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Ingredients:

- 2 tbs olive oil + extra for greasing
- 3 bunches silverbeet*
- 6 green onions, thinly sliced
- 2 eggs, lightly beaten
- 400g low-fat ricotta cheese, crumbled
- 80g feta cheese, crumbled
- Salt and ground black pepper
- 4 sheets fresh filo pastry

*You will need about 750g trimmed silverbeet leaves for this pie. Sweet tasting Rainbow silverbeet can also be used, if desired.

Health benefits:

Silverbeet

- Excellent source of folate, vitamin C and iron
- Moderate source of potassium
- Contains some riboflavin, magnesium, calcium and zinc

Method:

1. Preheat oven to 180°C. Grease a 22cm square baking dish with oil.
2. Remove stems and ribs from silverbeet. Wash leaves well in cold water. Shake off excess water and place undried leaves in a large saucepan. Cook over high heat for 5 minutes, stirring often, or until leaves wilt. Drain well in a colander and set aside to cool slightly.
3. Meanwhile, place green onions, eggs, ricotta and feta into a large bowl. Season with salt and pepper to taste and mix until well combined.
4. Firmly squeeze silverbeet to remove excess liquid and pat dry with paper towel. Roughly chop silverbeet and add to ricotta mixture. Mix well to combine. Spoon mixture into the prepared dish and smooth the top.
5. Place filo sheets on a damp clean tea-towel. Working quickly, brush one filo sheet with oil and place on a clean bench. Repeat process, stacking the filo. Trim 8cm filo from each end. Lay filo over spinach mixture to cover, folding in excess filo at sides. Brush filo with oil. Bake for 1 hour or until pastry is puffed and golden. Slice and serve hot or cold.

Serves: 4–6

Preparation: 40 minutes

Cooking: 1 hour 5 minutes



Supplying quality fresh fruit & vegetables



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