

Spinach & bacon pies



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Preparation: about 30 minutes

Cooking: about 40 minutes

Makes: 6

2 tsp olive oil + spray cooking oil
3 sheets frozen ready rolled puff pastry
1 medium onion, finely chopped
2 garlic cloves, crushed
250g shortcut bacon, finely chopped
120g baby spinach leaves
5 free-range eggs
Salt and ground black pepper
1 cup reduced fat thickened cream
½ cup reduced fat tasty cheese

1. Preheat oven to 160°C fan-forced. Grease 6 x ¾ cup capacity non-stick muffin pans with oil spray. Place pastry on a bench and defrost pastry. Cut each pastry sheet in half then cut out a 150cmx120cm rectangle from each half. Use pastry rectangles to line muffin pans, tucking in pastry and sealing any gaps.
2. Heat oil in a large frying pan over medium heat. Add onion, garlic and bacon and cook, stirring often, for 5 minutes until onion is tender. Stir in spinach until wilted. Remove pan from heat. Season mixture with salt and pepper. Set aside to cool for 10 minutes.
3. Whisk eggs and cream in a bowl. Spoon spinach mixture into pastry cases. Evenly pour over egg mixture. Sprinkle with cheese. Bake for 30-35 minutes until puffed and golden. Cool in pans for 5 minutes. Turn out and serve.



Spinach

- Spinach is an excellent source of dietary fibre, which keeps the intestine functioning well.

- Popeye used to eat spinach, thinking it would give him iron and make him strong. Unfortunately, we don't really absorb the iron in spinach, but it's a great source of vitamins C, E, beta carotene (good for seeing in dim light), some B vitamins (niacin, folate and vitamin B6) making it one of the most valuable vegetables.


Fresh for Kids