

CHEERS

tops!



LAMB, SPINACH AND FETA PIE

SERVES 6

Phyllo pastry is not low-carb, but because it is so thin, you use less of it. This delicious pie is easy to make if you use precooked lamb or chicken.

INGREDIENTS

500 g frozen spinach
350 g Roasted and Pulled Lamb (page 97)
250 g cream cheese
100 g feta cheese, crumbled
Salt and black pepper to taste
Ground nutmeg to taste
8 sheets phyllo pastry
100 g butter, melted
2 Tbsp sesame seeds

METHOD

Place the frozen spinach in a saucepan and cook until it is defrosted. Place in a colander to drain, squeezing out any excess water with your hands. Place the spinach and shredded lamb in a bowl. Add the cream cheese and feta and stir with a wooden spoon until combined. Season with salt, black pepper and ground nutmeg and set aside.

Place one sheet of phyllo on a clean surface. Brush all over with melted butter, then top with another sheet of phyllo, brushing it with melted butter. (To prevent the phyllo from drying out, keep the sheets covered with cling wrap and a damp cloth.) Spoon one quarter of the lamb and spinach mixture along the long edge of the pastry, then roll into a cylinder, brushing the phyllo with butter as you roll. Place the roll, seam-side down, in the centre of a round ovenproof dish (± 30 cm diameter) to create a tight spiral.

Repeat with the rest of the phyllo and lamb mixture, to make four rolls in total, coiling each roll around the previous one to complete the spiral. Tuck in any loose ends as you go.

Brush the pie all over with melted butter, and sprinkle with the sesame seeds. Bake in a preheated oven at 190°C for 50–60 minutes or until golden and cooked through. Cut into wedges and serve immediately, with a salad on the side.

NOTES Defrost frozen phyllo pastry in its packaging for 2 hours at room temperature or overnight in the fridge. Half a 500 g pack should be sufficient for one pie. This recipe is not suitable for freezing.