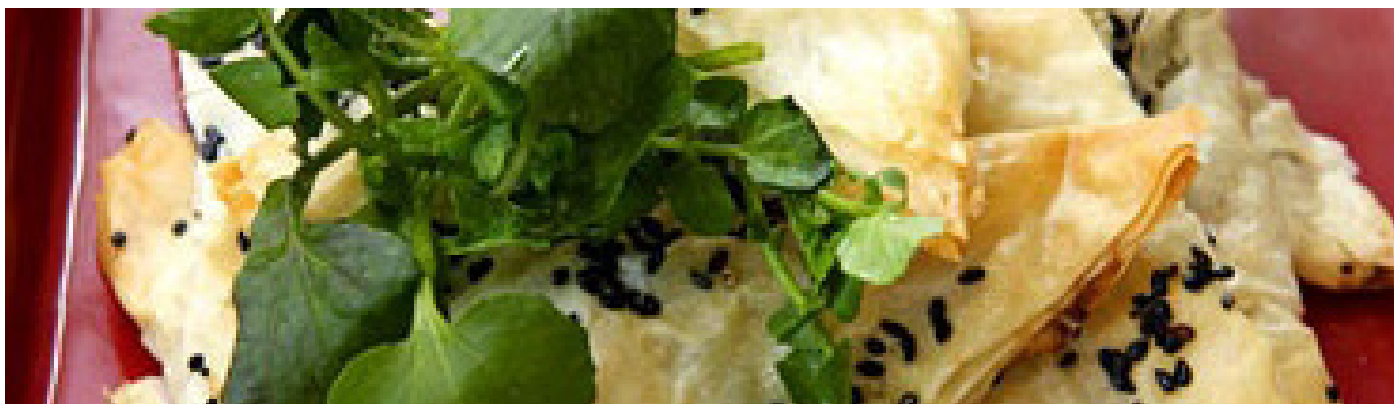




SPINACH AND RICOTTA PARCELS



Time
30min



Servings
4

Calcium Recommended Daily Intake
28.05%

Calories

419

Calcium

281mg

Protein

15g

Vitamin D

0.23 IU

Ingredients

Makes 10-15 (depending on size of parcels)

- 300 g spinach, blanched & drained well
- 1/2 packet filo pastry
- 300 g ricotta
- 1/2 tbsp freshly grated nutmeg
- 30 g chives, chopped
- Sea salt & freshly ground black pepper
- 45 g basil, chopped
- 20 g butter, melted
- 2 tbsp toasted pine nuts
- Black sesame seeds
- 2 tbsp currants

Instructions

1. Preheat oven to 180C (350F).
2. Squeeze spinach to ensure it's dry, and then mix with ricotta and chopped herbs. Smash pine nuts with back of heavy knife, chop currants and mix both into spinach and ricotta with nutmeg. Season to taste with salt and pepper.
3. Take 3 sheets of filo pastry and cut into squares. Put some filling on one half of the squares, brush some melted butter around the edge – the outer 0.5 cm (1/4 inch) – and turn unfilled half of pastry over the filling to make a triangle.
4. Continue making the triangles until filling has been used up. Brush tops of triangles with melted butter and sprinkle with sesame seeds.
5. Bake in oven until golden brown (approximately 5 minutes).