

Men's Health Week



Spinach Pie
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Boroondara Youth Voice is a program for young people aged 10-25 years to develop leadership skills and actively participate in local government planning and decision-making.

This recipe is easy, nutritious and loosely based on a Greek savoury pie dish called spanakopita. It's my mother's go-to recipe and I've grown up eating it since I was a baby. I make this dish whenever our fridge is running low on food or I need to cook a large batch of meals for a busy week ahead.

I believe that food is a great way for us to break down social barriers. Sharing meals with others allows us to enjoy a collective experience regardless of our backgrounds; when you break it down, we are all human and we all eat.

I find it more rewarding to share food with others than eating a meal alone, as it is an opportunity to learn about different cuisines and try a variety of new flavours, textures and experiences.

Ingredients

- SERVES 4**
- 2 tablespoons olive oil**
 - 2 onions**
 - 2 garlic cloves**
 - 500g frozen spinach – thawed**
 - 300g hard feta (feel free to mix in some ricotta or parmesan)**
 - 4 eggs**
 - 2 sheets of ready-rolled puff pastry**
 - Some butter or canola spray to grease the pan**
 - Lemon**

Method

- Turn the oven to 220°C fan-forced.
- Chop the onion and garlic and sauté in a pan with oil.
- Grate the feta and place the spinach, eggs, cooked onion, garlic and grated feta into a bowl. Mix until combined.
- Rub butter or spray canola oil on the inside of your baking dish and place the mixture inside.
- Set the puff pastry on top of the mixture and pierce small holes in the pastry to let the steam out.
- Cook for 15 minutes in the oven or until the pastry is brown.
- Serve with a squeeze of lemon.