

THE LOADED



LADLE TV



INGREDIENTS

- 1 box phyllo
- 2 eggs
- 1/4 cup yogurt
- 1/3 cup olive oil
- 250g feta or similar cheese
- 250gr mushrooms
- 1 onion
- 250gr spinach
- 1 tsp coconut oil
- half head garlic (4 or 5 cloves)
- cumin & black pepper to taste

Spanakopita



DIRECTIONS



1. Make sure the phyllo and the spinach are thawed at least two hours before. Preheat the oven to 200C/400F.
2. Dice the onions, mushrooms, and garlic. If using fresh spinach, put the spinach in a large pan over light- to-medium heat, add 1tbsp olive oil and sauté until wilted, about 3-4 minutes. If using thawed spinach, just make sure to squeeze the water out.
3. Sauté the diced onion and mushrooms & spices over medium heat, stirring often for 5-6 minutes. Add the diced garlic, sauté for another 3-4 mins. In a bowl, mix the eggs, yoghurt and olive oil and whisk well. Set aside, this will be our sauce in between the layers.
4. Pour a small amount of olive oil in the bottom of the baking dish and spread with a brush or by hand. Put the first layer of phyllo sheets – with the thin ones we are using; two or three individual sheets is preferable. Do not trim the edges if they go over the sides, just let them hang down or brush it gently to the sides so they stay up.
5. Gently spread the prepared sauce over the layer of phyllo with a brush. Put another layer of phyllo and repeat with spreading the sauce. Spread a good portion of feta over the second layer. Make sure not to use all the cheese since we will be making multiple layers of this. Repeat with the phyllo layering and sauce.
6. Spread a portion of onions and mushrooms on top of the sauced phyllo layer
7. Repeat the process of layering with phyllo and sauce, with alternative fillings of feta and mushrooms (Alternatively, you can combine both fillings for each layer)
8. Once left with only two sheets of phyllo, put that in as the final layer and fold in all the extra from the sides, cover generously with the sauce. Cook for 30 minutes.