



SPINACH, TAPENADE & FETA BAKED FILO PARCELS

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Black olive tapenade (see our recipe)
Filo pastry
Feta, crumbled
Baby spinach, wilted
Olive oil
1 egg (egg wash)
Black pepper
Sesame seeds

PREP TIME

Prep time: 15mins
Baking time: 20mins

METHOD

- Preheat oven at 190°C.
- Cut the filo pastry into 10 x 25cm strips (4 x 10 inch). Work with 3 or 4 strips at a time and keep the rest aside covered in a clean, damp tea towel as it will dry quickly.
- Brush the strips lightly with olive oil all the way to the edges.
- On the top right hand corner of each strip, add some spinach, a heaped teaspoon of tapenade, and a little crumbled feta.
- Now fold the corner down to a triangle. Continue folding the triangle along the length of the strip.
- Place on a baking sheet.
- Brush with olive oil to close.
- Brush with egg wash.
- Repeat until you have enough parcels or have run out of ingredients!
- Sprinkle with sesame seeds and bake in preheated oven at 190°C for about 15-20 minutes until crisp and golden.
- Serve hot or warm, with or without a dip

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