

Spinach and Cottage Cheese Filo Pie

Ingredients:

10 sheets of filo pastry measuring 33 x 18 cm (13 x 7 inches)	40g of freshly grated parmesan (optional)
30 g of butter or margarine melted	2 cloves garlic, finely crushed half teaspoon dill seeds
450g fresh leaf spinach or 225 g if using frozen spinach	pinch of freshly grated nutmeg
450g boiled potatoes cubed	lemon juice to taste
450g low fat cottage cheese	salt and freshly milled pepper

Method:

A greased pie dish or 9" springform round tin

Preheat the oven to gas mark 6, 400°F or 200°C.

Prepare the filling: Cook the spinach over a gentle heat until it wilts, remove any excess moisture and chop finely.

Mix in the potatoes, the cottage cheese, the parmesan cheese (if using), the garlic, the dill seeds, the nutmeg, lemon juice and salt and pepper.

Line the greased pie dish or baking tin with overlapping sheets, brushing the sheets with melted butter / margarine.

Part of the filo sheets will hang over the side of the pie dish.

Gently spoon the filling into the lined pie dish and then fold in the over-hanging pastry.

Decorate the top with a rose made from a leftover filo pastry sheet to cover the pastry joins.

Brush the top of the pie with melted butter or margarine and bake in an oven for 12-15 minutes until it is a light golden brown.