



UCOOK

Homemade Spanakopita Tortillas

with a side salad & tzatziki

Fill it, fold it, fry it, and feast on it! This is our take on the famous Greek pastry 'spanakopita'. A creamy spinach filling is served inside a soft tortilla, which is then fried to golden perfection! It is sided with cucumber, baby tomatoes, fresh salad leaves, and creamy tzatziki.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Alvi's Drift | Signature Viognier

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Onion <i>½ peeled & roughly diced</i>
2,5ml	Ground Nutmeg
7,5ml	Dried Oregano
1	Garlic Clove <i>peeled & grated</i>
150g	Spinach <i>rinsed & roughly shredded</i>
40g	Danish-style Feta <i>drained & crumbled</i>
30ml	Cream Cheese
2	Wheat Flour Tortillas
20g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>rinsed & cut into half-moons</i>
80g	Baby Tomatoes <i>rinsed & halved</i>
40ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. START THE 'KOPITA Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the nutmeg, the oregano, and the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the rinsed spinach. Fry until the spinach is wilted and all excess liquid has evaporated, 3-4 minutes (shifting occasionally). Remove from the pan and place in a bowl. Mix through the crumbled feta, the cream cheese, and seasoning.

2. FOLD IN THE FILLING Lay the tortillas on a chopping board in a single layer. Using a knife, make an incision from the center of the tortillas to the bottom edge. Cover the tortillas in the spinach mixture in a single layer. Working with one tortilla at a time, fold the bottom left corner up over the top left corner. Then fold it over the top right corner. Finally, fold it over the bottom right corner to create a stuffed tortilla triangle, with one open side. Repeat with the remaining tortillas to create 2 triangles.

3. GOLDEN TORTILLAS Return the pan to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry a stuffed tortilla triangle until crisp and golden on both sides, 3-4 minutes (flipping halfway). Be careful not to lose any filling! Repeat with the remaining tortilla.

4. YOU'RE THE SALAD TO MY SPANAKOPITA In a salad bowl, combine the rinsed salad leaves, the cucumber half-moons, the halved baby tomatoes, seasoning, and a drizzle of olive oil.

5. MY BIG FAT GREEK DINNER Plate up your crispy spanakopita tortillas. Side with the colourful salad and serve with the tzatziki for dunking. Opa!

Nutritional Information

Per 100g

Energy	472kJ
Energy	113kcal
Protein	4.7g
Carbs	12g
of which sugars	2.5g
Fibre	2.2g
Fat	4.7g
of which saturated	2.6g
Sodium	448mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days