



U C O O K

— COOKING MADE EASY

Oven-Ready Spinach & Feta Spanakopita

with **Mediterranean tabbouleh & ready-made tzatziki**

Spanakopita are delectably crispy Greek filo pastries, stuffed with spinach and feta — and these ones are made especially for you! Served with a speedy bulgur wheat salad of spiced baby tomatoes, cucumber, vinaigrette, and fresh herbs.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Alex Levett

 **Vegetarian**

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Ingredients & Prep

8	Terra Madre Spanakopita
400ml	Bulgur Wheat
20ml	Vegetable Stock
60ml	White Wine Vinegar
320g	Baby Tomatoes <i>rinsed & halved</i>
30ml	NOMU African Rub
200g	Cucumber <i>diced</i>
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
80g	Baby Spinach <i>rinsed</i>
120ml	Tzatziki
8g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Baking Paper

1. BAKE THE SPANAKOPITA Preheat the oven to 220°C. Boil the kettle for step 2. Line a baking tray with baking paper and place the spanakopita on the tray. Bake in the hot oven for 20-25 minutes until the pastry is crispy and golden.

2. BOIL THE BULGUR Using a large, shallow bowl, submerge the bulgur wheat and the stock in 800ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion, replace the plate, and set aside to keep warm.

3. MAKE THE VINAIGRETTE In a small bowl, combine the white wine vinegar with 2 tsp of a sweetener of choice and 60ml of olive oil. Whisk until well combined, season to taste, and set aside.

4. SPICED TOMATOES When the spanakopita reach the halfway mark, place a pan over a medium-high heat with a drizzle of oil. When hot, add in the halved baby tomatoes and the African Rub to taste. Toss to coat and fry for 7-8 minutes until softened and blistered, shifting occasionally. Remove the pan from the heat on completion.

5. TOSS THE TABBOULEH When the bulgur is cooked, add in the diced cucumber, chopped parsley, and spiced tomatoes. Toss through the vinaigrette to taste and get ready to eat!

6. TASTE OF THE MED Make a bed of rinsed baby spinach and load it with the Mediterranean tabbouleh. Top with the crispy spanakopita, dollop over the tzatziki, and garnish with the fresh mint leaves. Stunning, Chef!



Chef's Tip

Spanakopita ingredients: phyllo pastry; organic spinach, onions, leeks, celery, and rocket; halloumi; feta; cheddar; extra virgin olive oil; butter; free-range egg; milk; flour; herbs; spices; lemon; sweet chilli sauce; sriracha.

Nutritional Information

Per 100g

Energy	601kJ
Energy	144Kcal
Protein	5.2g
Carbs	22g
of which sugars	1.9g
Fibre	3.9g
Fat	4.1g
of which saturated	1.3g
Sodium	413mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 1
Day