



UCCOOK

Spanakopita-Style Vegetarian Tortillas

with a side salad & tzatziki

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	443kJ	3144kJ
Energy	106kcal	752kcal
Protein	4.3g	30.3g
Carbs	12g	85g
of which sugars	2.6g	18.4g
Fibre	2.4g	16.8g
Fat	4g	28.5g
of which saturated	2.5g	17.7g
Sodium	385mg	2736mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly dice ½ [1]</i>
2,5ml	5ml	Ground Nutmeg
7,5ml	15ml	Dried Oregano
1	2	Garlic Clove/s <i>peel & grate</i>
150g	300g	Spinach <i>rinse & roughly shred</i>
40g	80g	Danish-style Feta <i>drain & crumble</i>
30ml	60ml	Cream Cheese
2	4	Wheat Flour Tortillas
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
1	1	Tomato <i>rinse & roughly dice</i>
40ml	80ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter (optional)
Seasoning (salt & pepper)

1. START THE 'KOPITA Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 3-4 minutes (shifting occasionally). Add the nutmeg, the oregano, and the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the 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 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 [4] 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 the stuffed tortilla triangles until crisp and golden on both sides, 3-4 minutes (flipping halfway). Be careful not to lose any filling!

4. YOU'RE THE SALAD TO MY SPANAKOPITA In a salad bowl, combine the green leaves, the cucumber, and the tomato. Add 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!