



# 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.

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**Hands-On Time:** 10 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 **Vegetarian**

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## Ingredients & Prep

2	Terra Madre Spanakopita
100ml	Bulgur Wheat
5ml	Vegetable Stock
15ml	White Wine Vinegar
80g	Baby Tomatoes <i>rinsed &amp; halved</i>
7.5ml	NOMU African Rub
50g	Cucumber <i>diced</i>
2g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
20g	Baby Spinach <i>rinsed</i>
30ml	Tzatziki
2g	Fresh Mint <i>rinsed &amp; 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 shallow bowl, submerge the bulgur wheat and the stock in 200ml 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 ½ tsp of a sweetener of choice and 1 tbsp 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 4-6 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