

Crustless spanakopita

SERVES - 2

NUTRITION PER SERVING

Fat: 20 g

Carbs: 8 g / Fiber: 3 g (Net Carbs: 5 g)

Protein: 17 g

Spanakopita is a wonderful greek dish that is traditionally wrapped in crispy filo pastry which is completely delicious. I used to order it all the time in a great cafe in Camden town, when I worked there many years ago.

I've created this version simply leaving out the filo - and it's still delicious.

INGREDIENTS

- 2 onions
- 1 celery stalk
- 2 cloves garlic
- 200g defrosted frozen spinach (water squeezed out)
- 200g Feta cheese (optional)
- 15 g parsley
- 15 g dill
- 4 eggs
- 1 T coconut cream
- 1 t nutmeg
- salt & pepper

METHOD

1. Preheat oven to 180°C / 350 F.
2. Dice onion and celery.
3. Heat coconut oil in a pan and fry onion, celery till coloured.
4. Crush and add garlic and fry for a few more minutes.
5. Crack eggs into a large mixing bowl with cream cheese and mix.
6. Add nutmeg, chopped herbs, salt and pepper and feta cheese.
7. Add onion mix, spinach and combine well.
8. Pour into a baking dish and bake for 45 mins.