

the hour.

Thrive Live Cook-along – Saturday 30th Jan, 7pm

3 cheese and spinach pie

Ingredients

500g spinach – washed and drained

1 tbsp olive oil

½ an onion finely chopped

2 large garlic cloves – crushed/chopped/grated

2 spring onions finely chopped

Bunch of chopped parsley and dill or just parsley

½ teaspoon grated nutmeg

Half a lemon juiced (2 teaspoons)

2 large free-range eggs beaten

125g ricotta

200g feta

1 packet of filo pastry – around 200-250g

35g butter (melted)

25g parmesan

Salt and pepper

1 baking tray greased with butter

Note: you can pre chop/prepare or do along during the cook-along