

Spanakopita

(Recipe produced by Nishma Shah)

Makes: one oven tray, enough pieces for 4 adults

Meat-free, fish-free, egg-free, dairy-free,

nut-free (unless almonds used instead of pine nuts), **no added sugar.**

Ingredients:

Vegan feta

- 200 grams firm tofu
- 3 tablespoons nutritional yeast
- Juice from $\frac{1}{2}$ lemon
- Black salt to taste

Vegan egg wash

- 300 grams soya yoghurt (or soya milk)
- 3 tablespoons olive oil
- $\frac{1}{4}$ teaspoon black salt

Pastry

- 1 box of ready-made vegan filo pastry (220 or 200 grams) (appx 20 sheets)

Spinach filling

- 300 grams chopped spinach (defrosted if originally frozen)
- 30 grams pine nuts (or coarsely ground almonds)
- 3 cloves garlic
- 1 white onion (appx 100 grams)
- 2 tablespoons vegan spread or cooking oil for greasing the oven tray (or use parchment paper)
- Black sesame seeds for decoration
- 1 teaspoon black pepper
- Salt to taste

Equipment:

Oven, oven tray (appx 3 inches deep, 12 inches wide), plane grater/garlic press, sharp knife, chopping boards (2), 3 mixing bowls, sieve, pastry brush, electric whisk.

Preparation:

1. Drain and squeeze out (e.g. using a tofu press) excess water from the tofu.
2. Freeze the tofu overnight, and then let it defrost the next morning.
3. If using frozen chopped spinach, let it defrost.
4. Remove any further water from the tofu, making sure it is as dry and crumbly as possible.
5. If you are using fresh (unfrozen) spinach, chop it finely.
6. If using frozen chopped spinach, remove excess water from the defrosted spinach by placing it in a sieve.
7. Finely dice the white onion.
8. Pre-heat your oven to 170°C.

Method: Vegan feta

1. In a mixing bowl, add the dry and crumbly tofu.
2. Add all the remaining ingredients for the vegan feta.
3. Mix thoroughly so that the flavours blend (you can check by tasting).

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Method: Vegan egg wash

1. In a small mixing bowl, add the vegan yoghurt (or soya milk) and the $\frac{1}{4}$ teaspoon of black salt.
2. While whisking (e.g. using a hand-blender with whisk attachment), slowly add the olive oil in a continuous stream.
3. Whisk the mixture thoroughly until it thickens and increases in volume.

Method: Spinach filling

1. To the mixing bowl containing the vegan feta, add the chopped spinach, pine nuts (or coarsely ground almonds), onions, black pepper and salt.
2. Grate in the garlic cloves, or use a garlic press.
3. Mix thoroughly so that the flavours blend (you can check by tasting).

Method: Spanakopita

1. Generously brush the base and sides of an oven tray with oil or vegan spread (or use parchment paper instead).
2. Place the filo pastry stack on a clean board.
3. Lay one pastry sheet in the oven tray such that it covers the entire base of the tray.
4. Generously brush the upper face of the pastry sheet with the vegan egg wash.
5. Lay a second pastry sheet over the first one, and generously coat it with the vegan egg wash.
6. Add a third sheet, and keep repeating the process until half the filo pastry sheets in your stack have been used (which would be somewhere between 6 to 8 sheets, depending on how many sheets are supplied in the stack you use).
7. Spread the spinach mixture evenly over the sheet stack in the tray.
8. Lay a pastry sheet on top of the evened-out mixture in tray, to cover it completely.
9. Generously brush the upper face of the pastry sheet with the vegan egg wash.
10. Lay a second pastry sheet over the previous one, and generously coat it with the vegan egg wash.
11. Add a third sheet, and keep repeating the process until all the remaining sheets are used up.
12. Cut the uncooked spanakopita into either diamonds or squares.
13. Apply a final coating of vegan egg wash to the spanakopita and sprinkle sesame seeds over it for decoration.
14. Place the tray in the preheated oven for 40 minutes.

Enjoy... 😊

Tip:

Serve the vegan spanakopita pieces hot from the oven, together with Char-grilled red pepper dip 😊

