

Liz Borgo - The Dietician

Naked Spanokopita Slice

Serving Size:
12
Squares



Ingredients

- Drizzle of extra virgin olive oil
- 4 spring onions
- 280g fresh baby spinach and/or silverbeet
- ¼ cup chopped dill
- 1 cup plain flour (can use GF if needed)
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup milk
- 2 eggs, lightly beaten
- ¼ cup extra virgin olive oil
- 120g grated mozzarella
- 120g feta cheese, crumbled
- 3 tablespoons grated parmesan or pecorino cheese

Method

1. Preheat oven to 180C.
2. Spray a medium size baking dish with olive oil (approx. 25 x 20cm).
3. Finely slice spring onions and roughly chop spinach.
4. In a large, deep frypan, heat a drizzle of olive oil on medium.
5. Cook spring onions until they soften for 1-2 minutes.
6. Add half the spinach and saute until mostly wilted, season with salt and pepper to taste.
7. Remove spinach and drain in a colander. Pat dry with paper towels to remove excess liquids.
8. Add another drizzle of oil to your pan and repeat the process with the remaining spinach.
9. In a large bowl, whisk together the flour, baking powder and salt. Add the milk, eggs, ¼ cup extra virgin olive oil and mix.
10. Fold in the cooked spinach, dill, mozzarella and crumbled feta until just combined.
11. Transfer mixture to your baking dish and spread out evenly.
12. Add a sprinkle of grated parmesan and bake for 40-45 minutes or until top turns golden brown.
13. Remove from oven and allow to cool for 15 minutes before slicing.

NOTES: Can be frozen – slice and wrap individual pieces in cling wrap

Liz Borgo - The Dietician

One Pan Prawn Risoni/Kritharaki

Serving Size:
4
Serves



Ingredients

- 3 tablespoons extra virgin olive oil
- 1 onion
- 3 cloves garlic
- Chilli flakes (optional)
- 350g cherry or grape tomatoes
- ½ cup dry white wine
- ½ cup tomato passata
- 3 cups of hot vegetable or seafood stock (750ml)
- 1.5 cups dry risoni/orgo pasta
- 500g peeled raw prawns (or a marina mix)
- ½ cup parsley (or dill)
- Juice of ½ lemon
- 80g crumbled feta to serve

Method

1. Finely dice onion and chop garlic.
2. Add extra virgin olive oil to a large frypan and heat on medium. I like to use a shallow cast iron pan. If you are cooking a large double batch, an electric frypan works well also.
3. Cook onion for five minutes until softened. Add garlic and chilli for a further 2 minutes.
4. Add cherry tomatoes and ½ cup white wine and cook for 2 minutes.
5. Prepare stock by boiling 3 cups of hot water with 1.5 teaspoon stock powder or a stock cube. Alternatively, bring 750ml of premade vegetable or seafood stock to a simmer.
6. To the pan, add hot stock and ½ cup tomato passata.
7. Add risoni and bring to a gentle simmer for about 5 minutes. Stir it occasionally to stop the pasta sticking to the bottom of the pan (keep heat to med/low).
8. Stir in chopped parsley and prawns for a final five minutes or until cooked through.
9. You may need to add a few extra splashes of water or stock if the risoni needs more liquid.
10. Remove from heat. Add lemon juice and sprinkle with feta and fresh parsley/dill.