

Spinach and Feta Pie

Victoria's Pastry

INGREDIENTS

300g wheat or spelt flour
125ml olive oil
1 tsp salt
125 ml tepid water
Pinch of salt

(or for a gf pastry try [this recipe](#))

Pie filling

INGREDIENTS

2 bunches of greens (could be silverbeet, a combination of Ceylon spinach and kale or collard greens, Swiss chard, if using English spinach you will probably need 4 bunches as they wilt down to nothing)
1 small red onion finely chopped
2 cloves garlic minced
¼ cup salted capers rinsed
¼ cup nutritional yeast
3 tbsp finely chopped dill
2 tbsp finely chopped parsley
375 g firm tofu
1 spring onion white and green parts sliced fine
Juice of 1 medium lemon
Olive oil for frying onions

METHOD

1. Make the pastry by placing the flour, oil and salt in a food processor. Process and gradually add the water until the pastry is the right consistency and not too wet. It will usually clump together in a ball. Take the ball, cover it and place in the fridge for 30 minutes to an hour.
2. Destalk the greens (you can leave some of the white on the silverbeet or spinach but the rest need destalking). Wilt them in a steamer. Once cooled a little, squeeze out the water and then slice.
3. In a food processor, place the garlic, tofu, nutritional yeast and capers and blitz until it starts to resemble finely crumbed feta.

The logo for Veet Karen, featuring the name in a stylized, handwritten script font.

4. Cook the spring onions and red onion in some olive oil for a couple of minutes.
5. Mix the onions, greens, herbs and tofu together, seasoning with salt and pepper and adding the lemon juice until you get the desired flavour. It will need to be quite lemony but not overpowering. Place this mixture in a pie or quiche dish.
6. Roll out the pastry on a floured board until it is a few mm's thick. Place the pastry on top of the pie and then cut the excess off.
7. Cut a little hole in the centre of the pastry to let air out and then brush the pastry with soy or rice milk. Place in a 200°C oven and bake for 30 minutes or until the pastry is browned and cooked through.

Note: this pastry is robust so if you have any gaps just press down bits of pastry to fill them in. You can make little leaves with the left-over pastry to decorate the pie.

