

Title	SPINACH IMPOSSIBLE PIE
Description	Tasty vegetarian complete meal
Preparation time	40 minutes to prepare
Cooking time	40 - 45 minutes @ 200C
Standing time	Serve straight from oven
Serve	Cut with knife into four and use fish slice to serve it

Ingredients	Calories	Method
100g plain flour	237	Put all ingredients into food processor
$\frac{3}{4}$ tsp baking powder		Process for approx 30 seconds to make batter OR
4 eggs	360	
350 mls of milk	238	Place in large jug and whisk with a balloon whisk until smooth, beating in eggs one at a time.
Salt and pepper		
1 tbsp. Olive oil or 15g fat	120	Soften the onion & garlic in a frying pan
1 medium cooking onion (pfc)	40	Boil beetroot leaves or spinach for 1 minute in open pan. Drain thoroughly.
3 cloves garlic (crushed)		Add to frypan
200-250g beetroot leaves or spinach		
50g grated ext. mature cheddar	200	Grease large round enamel pie dish
100g feta cheese crumbled	275	Place on baking sheet
		Transfer vegetables into enamel dish
		Sprinkle cheese on top
		Pour batter on carefully
		Place on top shelf of pre heated oven
		Bake until nicely browned and firm
TOTAL CALORIES	1470	4 portions @ 368

Comments:

I like to use organic whole wheat flour. Any leftovers can be frozen or heated in a cast iron frying pan or skillet, covered with a lid to heat the pie right through. This makes it nice and crisp on the bottom. Or you can simply re heat it in the microwave.

Good served with fried potatoes and baked beans or tomato sauce.

Tomato sauce

15g fat, onions, garlic, tin of tomatoes, vinegar and rapadura (or demerara sugar), herbs, paprika, chili.