Spinach & Feta Hand Pies

Ingredients

For the Filling:

- 250g fresh spinach, washed and chopped
- 150g feta cheese, crumbled
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 egg, beaten
- 1 tbsp fresh dill, chopped (optional)
- ½ tsp black pepper

For the Pastry:

- 1 sheet ready-made puff pastry (or shortcrust pastry)
- 1 egg, beaten (for egg wash)

Directions

1. Prepare the Filling
2. Heat olive oil in a pan over medium heat. Sauté the onion and garlic until soft.
3. Add the chopped spinach and cook until wilted. Remove from heat and let cool.
4. Stir in crumbled feta, beaten egg, dill, and black pepper. Mix well.
5. Assemble the Hand Pies
6. Preheat oven to 190°C (170°C fan/gas mark 5).
7. Roll out the pastry and cut into 10–12cm squares or circles.
8. Place a spoonful of filling in the centre of each piece.
9. Fold over to form a triangle or half-moon shape. Seal edges by pressing with a fork.
10. Place on a lined baking tray. Brush the tops with beaten egg.
11. Bake for 20–25 minutes, until golden and crispy.
12. Serve & Enjoy.