



Spinach Filo Pastry Pie

A classic for all summer parties and well known from the last Greek holidays – a filo pastry pie.

This vegan version is in no ways inferior to the traditional recipe.

Filled with fresh spinach and tofu, combined with a delicious cheesy sauce.

It is easily made, takes only 20 minutes to prepare everything and another 20 mins in the oven.

The recipe is for one small pie pan and will serve four people as a main course when you combine it with a fresh mixed salad.

Make sure to take good olive oil for this recipe. You will taste the difference...

Ingredients

1 pack of filo pastry (approx. 10 sheets)
250 g fresh spinach
200 g tofu
2 garlic cloves
cayenne pepper at taste
herb salt at taste
black pepper at taste
1 pinch of nutmeg
1 tablespoon soy sauce
olive oil

For the cheesy sauce

150 ml coconut milk (or any other neutral in taste plant-based milk)
3 tablespoons nutritional yeast
2 tablespoons tapioca starch
½ teaspoon herb salt
¼ teaspoon onion granulate
¼ teaspoon garlic granulate
1 pinch smoked paprika powder

Instructions

- Wash the spinach and put it together with the crushed garlic and 1 table spoon of olive oil in a big, deep pan. Spice it with salt, pepper, cayenne and nutmeg and steam it with medium heat until the spinach is soft. Drain the spinach filling with a paper kitchen towel to get all the liquid out.
- Press the tofu thoroughly, dice it and mix it with the spinach.
- Mix the coconut milk (or any other plant-based milk with a neutral taste) with the nutritional yeast, tapioca starch, garlic and onion granulate, a pinch of smoked paprika powder and herb salt with a whisk in a pan.
- When everything is well mixed, boil it for 1 minute or a few seconds longer, whisking continuously, until the sauce becomes a chewy paste like melted cheese. Mix the cheesy sauce with the tofu-spinach filling.
- Brush a round shaped small but high baking pan with olive oil. Brush every single filo pastry sheet with olive oil and place it into the baking pan, one after the other. Change the position of the sheets every time, so at the end you will have an equal amount of overhanging edges around the pan.
- Put the filling into the filo pastry pan and push it with a wooden spoon down. Close the pie with the overhanging edges. Brush the outer side of the filo pastry with olive oil and let it bake for 15-20 mins at 200 C (180 fan oven), until the pastry is golden brown.
- Let it cool down a bit before you cut it and enjoy lukewarm or (as I prefer it) cold. Serve with a salad as a wholesome full lunch or dinner.