

CLIMATE IMPACT
PER PORTION0,5 kg
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4 PORTIONS

200°C

60 MIN

PORTIONEN UNDER TIAN

SPINACH AND MUSHROOM PIE WITH FETA CHEESE

This pie has a little extra everything and can be adapted to fit the season, the spinach can be replaced with kale or zucchini depending on the time of year. Red lentils went into the pie shell this time around, if you want to make a 'straight' pie shell, that will work just as well. The pie can be frozen and reheated later!

INGREDIENTS

PIE SHELL

1 dl red lentils, dried
2 dl flour
A pinch of salt
0.5 dl rapeseed or olive oil

FILLING

1 yellow or white onion
2 cloves of garlic
150 g mushrooms
200 g spinach, frozen
1 dl cheese, grated
(choose organic)
Oil for frying
Black pepper
75 g feta cheese
(choose organic)

EGG CUSTARD

3 eggs
1 dl oat cream
2 dl of water
alternatively,
3 dl milk drink of
your choice (replaces
the water and cream)
1 tsp thyme, dried

TIPS FOR DECORATION! OLIVES,
SUN-DRIED TOMATOES

INSTRUCTIONS

- Heat the oven to 200 degrees Celsius. Make the pie shell: Boil the lentils in plenty of water and drain when cooked. Let cool slightly. Mix flour, salt, and oil in a bowl. Add the lentils. Knead into a dough (add more flour, if necessary, the dough should hold together in one piece and not be too sticky). Press the dough into an ovenproof form and prebake in the middle of the oven for about 5-10 minutes. Make sure it doesn't burn.
- Remove spinach from its package and let it thaw. Peel and finely chop the onion and garlic. Cut the mushrooms into thin slices. Put a frying pan on medium heat and fry the onions, mushrooms, and spinach in a little oil until they soften. Season with black pepper.
- In the meantime, make the egg custard: Whisk together the eggs, oat cream, water and thyme.
- Put the spinach in the pie shell, pour over the beaten egg custard and top with grated cheese. Bake in the oven for about 30 minutes until the egg has set. Scatter crumbled feta cheese over the pie just before serving.
- If there are any olives and/or sun-dried tomatoes at hand, these are great to chop and use as topping.

TIP! TO PREVENT THE PIE CRUST FROM BURNING YOU CAN COVER IT WITH AN OVEN TRAY.



TO MEET THE ONE PLANET PLATE CRITERIA: Choose organic flour, rapeseed or olive oil, onions, cheese, feta cheese and eggs.