

Traditional Greek Spanakopita

Golden, crispy phyllo filled with fresh spinach, aromatic herbs, and feta.



PREP
35–40 min

BAKE
40–50 min

SERVES
8–10

OVEN
375°F / 190°C

PAN
9 × 13 in

Ingredients

FOR THE SPINACH FILLING

- 2 lb (about 900 g) fresh spinach, washed and chopped
- 5–6 green onions, finely chopped
- ½ cup fresh dill, chopped
- ½ cup fresh parsley, chopped
- ¼ cup fresh mint, chopped (optional)
- 10–12 oz Greek feta, crumbled
- 2 large eggs, lightly beaten
- 2 tbsp extra virgin olive oil
- Freshly ground black pepper, to taste
- Salt, only if needed
- A pinch of nutmeg (optional)

FOR THE PHYLLO

- 1 package phyllo dough (about 16–20 sheets), thawed
- 1/3 cup extra virgin olive oil
- 3 tbsp grass-fed butter, melted

Method

1. Prepare the spinach. Warm 2 tbsp olive oil in a large skillet over medium heat. Soften the green onions 2–3 min, then wilt the spinach in batches, 4–6 min. Cool in a colander and squeeze out as much liquid as possible.
2. Make the filling. Combine the spinach and onions with dill, parsley, and mint. Add feta, pepper, and nutmeg. Taste and adjust, then stir in the eggs.
3. Mix the brushing oil. Stir the melted butter into 1/3 cup olive oil.
4. Layer the bottom. Heat the oven to 375°F (190°C). Grease a 9 × 13-in dish. Layer about half the phyllo, brushing each sheet. Keep unused sheets under a barely damp towel.
5. Add the filling. Spread it evenly; fold the overhang inward, brushing as you go.
6. Finish the top. Layer the remaining sheets, brushing each one and the top evenly. Score into squares without cutting through the filling.
7. Bake. 40–50 min, until deeply golden and crisp; tent with foil if browning too fast. Rest 10–15 min before slicing.

VIOLETTA'S SPECIAL TIP

Brush every sheet of phyllo with a combination of extra virgin olive oil and melted grass-fed butter — the olive oil brings Mediterranean flavor, the butter a rich, golden finish.