

Kale, Feta and Pumpkin Pie

nut-free FODMAP friendly vegetarian soy-free

Preparation time: 10 minutes

Cooking time: 60 minutes

Serves: 2

Ingredients

- 300g peeled Jap/Queensland Blue Pumpkin
- Cold Pressed Olive oil spray
- ¼ bunch Kale, shredded (3 cups)
- 2-3 spring onions (green part only), finely sliced
- 3 eggs, lightly beaten
- ½ cup Rice Milk or Oat Milk
- 100g feta, chopped
- Sea Salt and Pepper to taste
- 4 sheets filo pastry
- 2 tablespoons pumpkin seeds (pepitas), optional



Preparation

1. Preheat oven to 220°C. Cut pumpkin into cubes of 1cm x 1cm (makes around 2 cups). Spray pumpkin with olive oil and scatter over a baking paper lined oven tray. Bake for 20-30 minutes until lightly golden and cooked through.
2. Meanwhile place kale in a medium saucepan or a frypan with lid, with 2-3 tablespoons of water (or just enough water to cover the base). Cover and cook for 2 minutes or until slightly wilted. Remove pumpkin from oven and allow to cool slightly.
3. Gently combine pumpkin, kale, spring onions, eggs, milk, feta, salt and pepper in a bowl. Layer rectangular filo sheets in alternating pattern (lengthwise and widthwise) over a 1 Litre baking dish (let it hang over the sides), spraying between each layer with olive oil.
4. Pour filling into pastry and fold over excess pastry to enclose pie. Scrunch the ends of the pastry on top with your hands. Spray with extra oil spray and top with pumpkin seeds. Bake at 200°C for 30-40 minutes or until cooked through and set.

Hints

1. Double this recipe for a 2 Litre baking dish. Serves 4.
2. This recipe makes great leftovers for lunch or dinner the next day.
3. Swap Kale easily for English spinach or Chard.

Recipe adapted from Dairy Australia.