



**GET TOGETHERS**

Bringing people together through food

# Bombay Potato and Spinach Filo Pie

This recipe brings together ingredients from different cultures – a mix of an Indian spiced potato and spinach filling encased in a Middle Eastern crust of filo pastry.

**Organisation and skill:** ★★★

**Cost:** £££

**Portion-wise:** Makes 6 servings

**Store-wise:** Best eaten freshly made but can be chilled for 24 hours and then re-crisped in a hot oven.

## Equipment

- Chopping board
- Sharp vegetable knife
- Grater
- Saucepan
- Colander or large sieve
- Frying pan
- Wooden spoon
- 20cm loose-bottomed flan tin
- Pastry brush

## Ingredients

### For the filling

- 600g waxy new potatoes e.g. Charlottes – cut into 2cm pieces
- 1 tablespoon rapeseed oil
- 1 medium sized onion – finely chopped
- 1 teaspoon cumin seeds
- 1 teaspoon black mustard seeds
- 1 red chilli – deseeded and finely sliced
- 1 thumb-sized piece fresh root ginger – grated or finely chopped
- 2 tablespoons korma paste
- 200g bag young spinach leaves – washed
- 2 ripe tomatoes – chopped into small pieces
- Small bunch fresh coriander – chopped

### For the pastry

- Pack fresh filo pastry (6–8 large sheets)
- 50g butter – melted
- 1 teaspoon black mustard seeds

## Allergy aware

This recipe contains:

- Cereals containing gluten (filo pastry)
  - Mustard
  - Milk (butter)
- \*Check the korma paste for allergens

# How to make it

1 Heat oven to 190°C (170°C fan) or gas 5

## Make the filling and allow it to cool.

2 Cook the potato chunks in boiling water for about 15 minutes until just tender.

3 Gently fry the onions for a few minutes in the oil until beginning to soften.

4 Add the cumin, mustard seeds, ginger and chillies to the onions and cook slowly for about 5 minutes until all soft.

5 Stir in the korma paste and mix well.

6 Add the drained potatoes, spinach leaves, chopped tomatoes and coriander and mix everything together, squashing the potatoes to break them up a bit. Cook it over a low heat to wilt the spinach and to dry the mixture out (it shouldn't have any runny liquid).

## Unroll the filo pastry and keep it covered with a clean damp tea-towel while assembling the pie.

7 Brush the flan tin with melted butter.

8 Brush the first sheet of filo and lay it in the tin with the pointy corners hanging over the sides.

9 Do the same with a second and third sheet of filo but arrange it so the points are at different places over the side of the tin.

10 Take a fourth sheet of filo, butter it and fold in half and use to line the base of the pastry case and make it stronger.

11 Spoon the cooled filling into the pastry case and fold over the pointy corners to cover most of the top.

12 Brush 2 more sheets of filo pastry with butter and tear them both into 3 strips. Gently crumple each sheet up and place on the top of the pie to make a nice finish to the top of the pie.

13 Sprinkle the pastry with mustard seeds.

14 Place the pie onto a baking sheet and bake for 40 minutes, lowering the temperature of the oven if the top is beginning to turn too brown. The pastry needs to be crispy.

15 Stand the pie on a small bowl or can of beans and pull the sides of the tin down from the loose base. If the pastry round the sides is soft and pale, return the pie to the baking tray and put it back in the oven to crisp up.

## Serving suggestions

Serve with a salad and some Indian chutneys.

## Eat well

- Filo pastry is a lower-fat alternative to shortcrust and puff pastry.
- Spinach is green leafy vegetable and a good source of vitamin A (beta-carotene) and iron which help in transporting oxygen around the body, in energy production and DNA synthesis (which is why spinach was associated as strength-giving by the cartoon character Popeye).
- Spinach is also an excellent source of vitamin K, vitamin A, vitamin C and folate as well as being a good source of manganese, magnesium, iron and vitamin B2. Vitamin K is important for maintaining bone.

## Shopping

- Spinach is a useful vegetable to have in the fridge – it can be served cooked or raw in salads or simply stirred through a cooking sauce, rice or pasta dish.
- This recipe uses spices – cumin and black mustard seeds. To keep it affordable, gradually build up a store-cupboard of your favourite herbs and spices over a number of months.

## Cooking together

- Children will love handling filo pastry – point out how thin it is and explain how it's made.
- The chopping tasks can be shared – children cutting the large chunks of potato and adults finely slicing the onion and chilli.
- This recipe looks very attractive and is a great vegetarian dish for a shared buffet.

## Sustainability – good for you, good for the planet

- Grow your own potatoes and spinach for this recipe. They will be in season for harvesting from summer through to autumn.
- Filo pastry can be frozen, so if you only use half a packet in this recipe, put the rest in the freezer until next time.

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