

Spinach and Feta Stuffed Phyllo Parcels

Crispy phyllo dough parcels filled with a savory blend of spinach, feta cheese, and fresh herbs, baked to a golden brown perfection. A delightful appetizer or light meal that combines flaky texture with rich Mediterranean flavors.



Mediterranean

30 min

Total time

Medium

Difficulty

320

kcal / serving

Ingredients

- 2 sheets phyllo dough
- 50g fresh spinach, chopped
- 40g feta cheese, crumbled
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh parsley, chopped
- 1 small garlic clove, minced
- 1 teaspoon olive oil
- Salt and black pepper to taste
- Butter or olive oil spray for brushing phyllo

Steps

- 1 Preheat the oven to 180°C (350°F).
- 2 In a skillet, heat olive oil over medium heat, add minced garlic and sauté for 1 minute.
- 3 Add chopped spinach and cook until wilted, about 2-3 minutes. Remove from heat.
- 4 In a bowl, mix cooked spinach, crumbled feta, dill, parsley, salt, and pepper.
- 5 Lay one sheet of phyllo dough on a clean surface and lightly brush with melted butter or olive oil.
- 6 Place the second sheet on top and brush it as well.
- 7 Cut the stacked phyllo sheets into 4 equal squares.
- 8 Spoon a portion of the spinach and feta mixture onto the center of each square.
- 9 Fold the corners over the filling to form a parcel and gently press to seal.
- 10 Place parcels on a baking tray lined with parchment paper and brush tops with butter or oil.
- 11 Bake for 15-20 minutes, or until parcels are golden brown and crisp.

Remove from oven and let cool slightly before serving.