

Spinach pies

Saturday, 07 July 2012 15:13

Ingredients:



1 onion - sauté in butter

500g cubed chicken fillet

1 tsp salt

½ tsp lemon pepper

1 tsp garlic

Ground green chillies (to taste)

Crushed jeero

Method:

Allow chicken to cook

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Add ½ bunch chopped spinach and cook till done

Add ½ tin cream style mealies and cook a little

Make a white sauce - 1 tbl butter, 1 tbl flour and milk- and add to chicken mixture

Add ½ cup cheese and crumble feta in mixture

Place pastry in foil cups and fill with mixture

Cover with pastry, smear egg and sprinkle parsley

Bake at 180 to 200 degrees