**Lamb Filo Pie**



**Serves 4**

**Organic ingredients:**

Sunflower oil, for brushing

450g minced lamb

1 onion, sliced

1 garlic clove, crushed

400g can plum tomatoes

2 tbsp chopped fresh mint

1 tsp grated nutmeg

350g young spinach leaves

1 packet filo pastry

1 tsp sesame seeds

Salt and freshly ground pepper

Salad or vegetables to serve

**Method:**

1. Preheat oven to 200C/400F/Gas 6. Oil a 22cm/8.5inch round springform tin
2. Fry the mince and onion without fat in a pan until golden.
3. Add the garlic, tomatoes, mint, nutmeg and some seasoning. Bring to the boil while stirring. Simmer, stirring occasionally until most of the liquid has evaporated.
4. Wash the spinach and remove any tough stalks. Cook in the water clinging to the leaves until lightly wilted.
5. Lightly brush each sheet of filo pastry with oil and lay in overlapping layers in the springform tin. Leave enough over-hang to wrap over the top.
6. Spoon in the meat and spinach. Wrap the over-hanging pastry over the top to enclose and scrunch it slightly. Sprinkle with sesame seeds.
7. Bake for 25-39 minutes or until golden and crisp. Serve hot.

Alternatives you can use chicken or fish instead.