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Food for Health with CNM:

## Creamy Spinach Filo Parcels

These creamy parcels are perfect as a main course or in smaller parcels as party nibbles. This recipe is really easy to make, vegan friendly and tasty for all to enjoy!

### Ingredients (Serves 4):

2 tbsp sesame oil, plus extra for brushing  
1 large onion, finely chopped  
2 garlic cloves, crushed  
500g spinach  
1 tbsp white miso  
1 tsp coconut sugar  
2 tbsp toasted desiccated coconut  
3 tbsp tahini (sesame paste)  
1 tbsp cacao nibs  
1/2 tsp fresh oregano leaves  
1 tsp tossed black sesame seeds  
8 sheets of filo pastry, cut into halves  
Black pepper to taste  
(optional) Rocket & radish salad and balsamic glaze.  
*CNM recommends the use of organic ingredients.*

### Method:

- Heat the oil in a large frying pan over a medium heat. Add the onion and garlic and cook, stirring, for 3 minutes, until transparent. Add the spinach stir and cook for further 2 minutes until it is wilted.
- Add in the white miso, coconut sugar and toasted desiccated coconut into the pan and mix well until all the miso are dissolved into the sauce.
- Stir in the tahini and oregano leaves, reduce the heat and simmer, for further 5 minutes. Add in a pinch of black pepper to taste and cacao nibs for extra nutty crunch, then let it cool.



- Preheat the oven to 200°C/fan 180°C/gas 6.
- Brush the sesame oil on the baking cups then line each cup with 4 layers of the filo pastry to form a cup shape then spoon in the cooled filling equally into the 4 filo pastry cups.
- Brush the filo with sesame oil, scrunch into parcels and sprinkle the sesame seeds on the top.
- Bake at 220°C/fan 200°C/gas 7 for 15-20 minutes until golden.

Recipe by By Belinda Yio – CNM Natural Chef Graduate.

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