

# Lentil, Mushroom and Spinach Filo Triangles



These crispy veggie triangles make an easy and delicious lunchbox snack or your next dinner party appetisers.

## **Ingredients**

1/2 onion, chopped  
2 garlic cloves, crushed  
400 g canned lentils, drained and rinsed  
2 cups baby spinach  
3 cups mushrooms, chopped  
160 g feta, crumbled  
1 egg  
375 g frozen filo pastry  
sesame seeds for garnish (optional)

## **Method:**

1. Preheat the oven to 180C.

2. Heat a drizzle of olive oil in a frypan over medium heat. Saute onions until translucent then add the garlic, lentils, spinach and mushrooms. Cook for 6-7 minutes or until excess water has evaporated. Take off heat, and cool.
3. Add the feta and egg to the cooled vegetables. Mix to combine.
4. Taking 2 sheets of filo at a time, brush both sheets with olive oil.
5. Cut sheets into 4, lengthwise. Place a spoonful of filling at one end and fold the corner over diagonally. Continue folding until you reach the end of the filo maintaining the triangle shape. Repeat with the remaining filo and lentil filling.
6. Bake for 15-20 minutes or until triangles are crispy and golden.