



## Greek Diner Meat and Spinach Pot Pies

READY IN



50 min.

SERVINGS



6

CALORIES



860 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter
- 2.5 cups chicken stock see
- 1.5 teaspoons marjoram dried
- 1 eggs with 1 tablespoon water lightly beaten
- 1 tablespoon evoo
- 1 cup feta crumbles
- 0.5 cup flat-leaf parsley leaves and dill combined fresh finely chopped
- 2 round tablespoons flour
- 4 cloves garlic thinly sliced chopped

- 2 pounds lamb
- 0.5 juice of lemon
- 1 tablespoon lemon zest
- 2 medium onion chopped
- 1 sheet puff pastry
- 6 servings salt and pepper black freshly ground
- 10 ounce pkt spinach frozen dry organic chopped

## Equipment

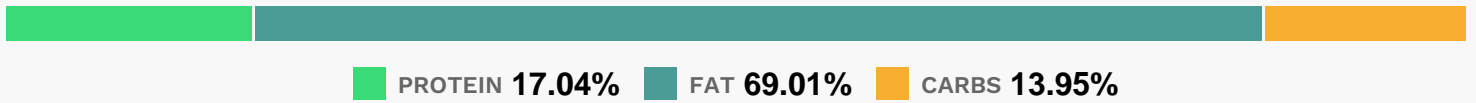
- bowl
- baking sheet
- oven
- knife
- whisk
- pot
- ramekin
- casserole dish
- dutch oven

## Directions

- Watch how to make this recipe.
- Heat the EVOO in a Dutch oven over medium-high heat.
- Add the meat, brown and crumble.
- Remove the meat and drain off the fat. Melt the butter in the same pot and add the zest, oregano, garlic, onions and some salt and pepper. Cook to tender, 12 to 15 minutes. Then add the fresh herbs, stir.
- Add the flour, stir a minute or so and then whisk in the stock. Cook to thicken a little.
- Add the meat back in along with the lemon juice and spinach.

- Combine. Turn off the heat, cool and store for a make-ahead meal. Reheat over medium heat until hot. Stir in the feta crumbles just before serving.
- Preheat the oven to 425 degrees F. Flour a work surface and lightly roll out the puff pastry.
- Cut the size and shape of 1 large casserole or up to 6 individual bowls or large ramekins, using sharp paring knife.
- Place the dough on a nonstick baking sheet and wash with egg.
- Bake until evenly puffed and deep golden brown in color.
- Serve the hot filling in a casserole dish or individual bowls topped with the pastry.

## Nutrition Facts



### Properties

Glycemic Index:54.83, Glycemic Load:11.42, Inflammation Score:-10, Nutrition Score:36.617826124896%

### Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

### Nutrients (% of daily need)

Calories: 860.14kcal (43.01%), Fat: 65.91g (101.4%), Saturated Fat: 26.96g (168.48%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 27.01g (9.82%), Sugar: 3.92g (4.35%), Cholesterol: 150.67mg (50.22%), Sodium: 703.81mg (30.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.61g (73.23%), Vitamin K: 272.83µg (259.84%), Vitamin A: 6249.61IU (124.99%), Selenium: 47.76µg (68.23%), Vitamin B12: 3.93µg (65.45%), Vitamin B3: 12.93mg (64.67%), Vitamin B2: 0.86mg (50.43%), Zinc: 6.65mg (44.34%), Phosphorus: 415.47mg (41.55%), Folate: 156.74µg (39.18%), Manganese: 0.67mg (33.65%), Vitamin B1: 0.48mg (31.75%), Iron: 5.15mg (28.59%), Vitamin B6: 0.53mg (26.53%), Calcium: 238.71mg (23.87%), Magnesium: 89.94mg (22.49%), Potassium: 741.75mg (21.19%), Vitamin C: 15.06mg (18.25%), Copper: 0.36mg (18.05%), Vitamin E: 2.52mg (16.81%), Vitamin B5: 1.36mg (13.63%), Fiber: 2.97g (11.88%), Vitamin D: 0.25µg (1.67%)