

# Spinach Pie

**Country of origin: England**<sup>1</sup>. Crunchy spinach, bacon and mushrooms pie garnished with tomatoes. Serves 4.

## Ingredients

- 750 g fresh spinach
- 150 g streaky bacon
- 150 g mushrooms
- 2 medium onions
- 75 ml single cream
- FAIRTRADE** nutmeg, salt and **FAIRTRADE** pepper
- 50 g breadcrumbs<sup>2</sup>
- 2 **FAIRTRADE** lemons

least translucent. The mushrooms will take any excess oil from the bacon.

Mix with the spinach and add the cream and lemon juice.

Turn the mixture into a greased baking dish. Make a layer with the breadcrumbs.

Arrange the tomato slices and bake in the oven at Gas Mark 4 for 20 minutes or until piping hot.

## To serve

Provide a lemon quarter to each diner.

Serve with **FAIRTRADE** rice<sup>3</sup>, **couscous**<sup>4</sup> or **FAIRTRADE** quinoa<sup>5</sup>.

## Method

### Preparation

Trim the centre vanes from the spinach and wash well. Then put into boiling water for three minutes.

Peel and skin the onions, and chop fine.

Trim and rind from the bacon and cut into small pieces.

Slice the tomatoes. Juice one of the lemons and slice the other into quarters.

### Variation

Frozen spinach may be substituted for the fresh, but watch the amount of ice that Tesco sell you with the spinach.

The family suggestion was a layer of cheese on top of the breadcrumbs.

## Cooking

It is best to use a non-stick frying pan.

Fry the bacon pieces until they start to render their fat and then add the onions and mushrooms. Continue to fry until the onions are at

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>

<sup>2</sup><http://www.fairtradecookbook.org.uk/recipes/breadcrumbs.htm>

<sup>3</sup>[http://www.fairtradecookbook.org.uk/recipes/rice\\_boiled.htm](http://www.fairtradecookbook.org.uk/recipes/rice_boiled.htm)

<sup>4</sup><http://www.fairtradecookbook.org.uk/recipes/couscous.htm>

<sup>5</sup>[http://www.fairtradecookbook.org.uk/recipes/quinoa\\_basics.htm](http://www.fairtradecookbook.org.uk/recipes/quinoa_basics.htm)