

Tender Wheat and Spinach Bake

60—70 Min

Ingredients 4 Portions

= Kotányi Produkte

150 g	Tender wheat
2 piece	Onion
4 tbsp.	Olive oil
80 g	Pine nuts
300 g	Spinach leaves, fresh
200 g	Yogurt
50 g	Sour cream
30 g	Emmental, grated
30 g	Olives
80 g	Cocktail tomatoes
200 g	Goat's cheese or mozzarella
1 tbsp.	Greek Herbs
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Black, Whole

Preparation

1. Prepare the tender wheat according to the instructions on the packaging. Meanwhile, peel and finely dice the onion.
2. Heat the oil in a pan and fry the onion. Then briefly fry the pine nuts and the spinach leaves.
3. Preheat the oven to 200 °C (356 °F).
4. Season the pan-fried vegetables with the Kotányi Greek Herbs, salt and black pepper and allow to cool.
5. Stir the yogurt, sour cream, grated Emmental and tender wheat into the cooled spinach mixture and add to a greased baking dish.
6. Bake for around 20-25 minutes.