



Tender Wheat and Spinach Bake

🕒 60–70 Min   

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.

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

