

ONE BITE

VEGAN MAGAZINE

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Your guide to vegan wine

Cheezy Spinach Triangles

By Louise-Claire from The Vegan Larder



Servings: 18

Ingredients

For the Cheezy Mix

- 125 grams broken raw cashews
- 150 grams tofu
- 3-4 tsp white miso
- 4 tsp nutritional yeast
- juice third lemon

For the Spinach Filling

- 1 packet (around 250g) spinach or chard with stems removed
- 2 tablespoons chopped fresh dill
- 2 cloves garlic finely chopped
- 1/2 tsp olive oil

For the Crunchy pastry

- 1 packet filo pastry
- approx 3 Tbs olive oil

Instructions

For the Cheezy Filling

1. Soak the cashews for at least 1 hour in some warm water. You want them to be quite softened
2. In a high speed blender, blend the cashews with a little of their soaking water until completely smooth
3. Add the tofu and blend
4. Add the miso, lemon juice, nutritional yeast and salt. Blend again. Taste for cheezyness and add more miso or nutritional yeast to taste.

For the Spinach Filling

1. Gently sauté the garlic in a deep frying pan until slightly translucent.
2. Add all the spinach (you might need to add it in bits if your pan is small. Don't worry, spinach pretty much disappears when heated!
3. Once cool, chop the spinach up and mix into the cheezy filling mix along with the dill.

To assemble the Cheezy Triangles

1. Take one sheet of filo and brush olive oil all over it. Keep the other sheets covered so they don't dry out!
2. Cut it into half-length ways and fold it over length-ways so you end up with a long thin piece of pastry.
3. On one short edge, add a heaped teaspoon of filling in a sort of triangle shape in the corner
4. Fold the filled side over, so it makes a triangle shaped parcel. Keep folding over until you run out of pastry. Put it on a greased oven proof tray.
5. Repeat with all the other pieces of filo pastry (there are usually around 10 in each packet) until you run out of filling or pastry. You should be able to make between 18 and 20, depending on how generous you are with the filling.
6. Bake in the oven on Gas Mark 7/220c for around 10 minutes until golden and crispy. Serve warm!

Recipe Notes

These are freezable for up to 3 months or refrigerate for 2-3 days until needed. Reheat in an oven to heat and crisp up for around 10 minutes.



About the author...



Vanessa & Louise-Claire are vegan foodies and the creators of [The Vegan Larder](#) and have teamed up to create delicious, kind and sustainable foods. They aim to make veganism easy, fun and to demystify vegan cooking. They both love finding the yummiest food there is out there and want to share their discoveries with the world. Already blogging and involved in the vegan community for years, when they met they found a kindred spirit in each other and decided two heads were better than one to spread the vegan message! Together they help anyone interested in the vegan lifestyle from the individual just starting out or the plant-based restaurant in need of some tips.

