Silverbeet Pies with Filo Chia Topping

Ingredients:
- 2 tablespoons extra virgin olive oil
- 1 small brown onion, finely chopped
- 1 small carrot, peeled, finely chopped
- 2 tablespoons sultanas
- 1 garlic clove, crushed
- 1 bunch silverbeet, stems removed, leaves thinly sliced
- 2 Tbls plain flour
- 310ml (1 1/4 cups) reduced-fat milk or soy milk
- 400g can brown lentils, rinsed, and drained
- 50g Lemnos Reduced Fat Fetta, crumbled
- 1 lemon, rind finely grated, juiced
- 4-5 sheets filo pastry
- 1 teaspoon chia seeds

Method:
Preheat oven to 190C.

- Finely chop the onion and carrot
- Peel and crush the garlic
- Wash and remove the stems from the silver beet and slice thinly
- Heat 1 tbs of the oil in a non-stick frying pan over medium-low heat.
- Cook the onion and carrot, stirring, for 3 minutes or until soft.
- Add the sultanas and garlic. Cook, stirring, for 2 minutes or until aromatic.
- Add the silverbeet. Cook, covered, stirring occasionally, for 4 minutes or just wilted. Increase heat to medium-high. Cook, stirring, for 2 minutes or until tender.
- Transfer to a sieve to drain.
- Squeeze excess moisture from silverbeet mixture.
  Drain the lentils in a sieve.
- Vest the lemon and juice it.
- Crumble the feta.
- Heat remaining oil in a saucepan over medium-low heat.
- Add flour. Cook, stirring, for 1 minute or until foaming.
- Remove from heat.
- Slowly stir in milk until smooth.
- Stir over low heat for 4 minutes or until thick.
- Add silverbeet mixture, lentils, feta, lemon rind and 2 tbs juice to milk mixture. Season. Divide among 4-5 greased 250ml (1 cup) ovenproof dishes. Gently scrunch each filo sheet.
- Arrange on pies.
- Place on a baking tray.
- Spray with olive oil.
- Sprinkle with chia seeds.
- Bake for 15-20 minutes or until golden and crisp.