



## Our vegetarian kouroú pies

Hello! 🙌

Thank you for your interest in our kouroú pies.

### Introduction

Kouroú pies are traditional Greek pastries made with a very special dough hydrated by a generous amount of yogurt instead of water. Once baked, their dome turns tender and their base crispy; a real joy to bite into.

Two pies are great for a snack, while three can make for a full meal if combined with a salad.

### Highlights

The Melianthos kouroú dough is made with our own blend of organic flours (36% wholemeal), a mix of fine fats (fresh butter, extra virgin olive oil, organic cold-pressed sunflower oil), creamy yogurt and free-range eggs.

In your package you will find pies with at least 1 of the 4 available vegetarian fillings:

- Spanakopitákia (spinach & cheese pies)
- Prassopitákia (leek & cheese pies)
- Tyropitákia (cheese pies)
- Kapnistá tyropitákia (smoked cheese & smoked pepper pies)
- Winter Kolokythopitákia (butternut squash, kale & cheese pies)
- Summer Kolokythopitákia (courgette & cheese pies)

Our pies are freshly made, egg-washed, and then frozen, to be baked at your convenience.

## Ingredients

### Pie dough

Organic plain flour (**gluten**), Organic wholemeal rye flour (**gluten**), Organic wholemeal spelt flour (**gluten**), Butter (**milk**), Extra virgin olive oil, Organic cold-pressed sunflower oil, Yogurt (**milk**), Free-range **eggs**, Raising Agents (E450 [Diphosphates], E500 [Sodium Carbonates], Maize Starch), Sea salt.

### Spanakopitákia (spinach & cheese pies)

#### Filling

Extra virgin olive oil, Spinach, Swiss chard, Spring onion, Onion, Leek, Spearmint, Tarragon, Feta cheese (**milk**), Pecorino cheese (**milk**), Flaxseed, Free-range **eggs**, Sea salt, Pepper.

#### Topping

Egg-wash (**egg**, **milk**, salt), **sesame**.

### Prassopitákia (leek & cheese pies)

#### Filling

Extra virgin olive oil, Leek, Spring onion, Feta cheese (**milk**), Pecorino cheese (**milk**), Flaxseed, Free-range **eggs**, Sea salt, Pepper, Nutmeg.

#### Topping

Egg-wash (**egg**, **milk**, salt), black **sesame**.

### Tyropitákia (cheese pies)

#### Filling

Barrel-aged feta cheese (**milk**), Feta cheese (**milk**), Metsovone cheese (**milk**), Yogurt (**milk**), Flaxseed, Free-range **eggs**, Sea salt, Pepper, Nutmeg.

#### Topping

Egg-wash (**egg**, **milk**, salt), **hazelnuts**.

### Kapnistá tyropitákia (smoked cheese & smoked pepper pies)

#### Filling

Feta cheese (**milk**), Metsovone cheese (**milk**), Single cream (**milk**), Whole **milk**, Smoked peppers (peppers, cider vinegar, salt, smoked paprika, garlic), Flaxseed, Free-range **eggs**, Sea salt, Pepper, Nutmeg, Smoked paprika.

#### Topping

Egg-wash (**egg**, **milk**, salt), poppy seeds.

### Winter Kolokythopitákia (butternut squash, kale & cheese pies)

#### Filling

Extra virgin olive oil, Roasted butternut squash, Kale, Organic wholemeal rye flour (**gluten**), Butter (**milk**), Feta cheese (**milk**), Pecorino cheese (**milk**), Whole **milk**, Flaxseed, Garlic, Lemon juice, Sea salt, Pepper, Nutmeg, Rosemary.

### Topping

Egg-wash (**egg**, **milk**, salt), pumpkin seeds.

### Summer Kolokythopitákia (courgette & cheese pies)

#### Filling

Extra virgin olive oil, Courgettes, Spring onions, Onions, Feta cheese (**milk**), Pecorino cheese (**milk**), Free-range **eggs**, Flaxseed, Parsley, Mint, Sea salt, Pepper.

#### Topping

Egg-wash (**egg**, **milk**, salt), **almond flakes**.

For allergens, including cereals containing gluten, see ingredients in **bold**.

### Packing

Our pies are delivered packed in a box insulated with natural sheep's wool. Ice packs ensure chilled transportation until delivery. Everything is recyclable, including the plastic the pies come vacuum-packed in, however you can reuse the box, ice packs and even the wool liners.

For more information on the latter, please have a look at

<https://www.woolcool.com/woolcool-recycling-ideas/>

### Feedback

We are looking forward to you enjoying our delicious pies. Please contact us if you have any questions or would like to provide feedback. 😊