

Fish wrapped in Phyllo Dough

Show: Nov 14th

Ingredients: Serves 1

4 oz Salmon, fresh (you can substitute with other fish)
1/4 cup Spinach, wilted
2 Sheets Phyllo Dough
Vegetable or Olive oil spray
1/2 tsp Parsley or Dill, finely chopped
Salt to taste

Procedure:

Preheat oven to 375°F.

Lay out 1 sheet of Phyllo dough on a flat surface, spray with oil and sprinkle with 1/2 tsp parsley or dill. Place the other sheet of Phyllo dough on top and spray and season again. Place the 4 oz of salmon in the middle, top with the wilted spinach. Wrap the dough around the salmon and tuck the ends under on each side. Bake in preheated oven for about 15 minutes. Serve with a lemon chive mayonnaise.

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