

### Salmon Wrapped in Phyllo Dough

Show:  Feb 13th

---

Ingredients :Serves 1

1 4-6 oz. Salmon Filet, boned  
1/4 cup Spinach, fresh  
1 Sprig Dill, fresh 1/4 cup Mirepoix (chopped celery, carrots and onions)  
1 sheet Phyllo Dough  
Salt & Pepper to taste

**Procedure:**

Preheat oven to 350°F.

Lay out 1 sheet phyllo dough horizontally. Spray with cooking oil. Lightly steam fresh spinach and lay it out on the bottom \* of the dough.

Place mirepoix on the pastry sheets, spread out evenly on the spinach.

Place the salmon filet in the middle of the spinach and wrap it all around.

Bringing up the edges on the ends and then roll like a burrito.

Finish wrapping and place in preheated oven on a baking sheet.

Bake until golden brown, about 5-7 minutes

[« Back to List of Recipes](#)

