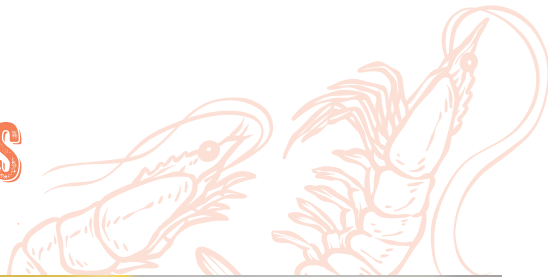


HADDOCK SPANAKOPITA PARCELS

Serves 6



INGREDIENTS:

- ☐ 4 Smoked Haddock fillets
- ☐ 1 tbsp Butter / olive oil
- ☐ 1 Garlic clove, finely crushed
- ☐ 200 g Baby spinach, roughly chopped
- ☐ ½ Cup cream cheese
- ☐ 1 Egg
- ☐ Cup feta cheese
- ☐ ¼ Cup fresh dill and parsley, chopped
- ☐ Pepper to taste
- ☐ 500 g Phyllo pastry, defrosted to room temperature
- ☐ ½ Cup butter, melted
- ☐ Sesame seeds, for garnish

METHOD:

01. Preheat your oven to 180°C.
02. In a pan, heat a small amount of butter or olive oil over medium heat. Add the garlic and sauté for 1-2 minutes until fragrant. Add the baby spinach and wilt slightly; this should take about 2-3 minutes. Remove from heat and let it cool.
03. In a large mixing bowl, combine the cream cheese, egg, feta cheese, fresh herbs, cooked spinach, and pepper. Mix well until all ingredients are fully incorporated.
04. Cut the haddock in half, separating the thicker top portion of the fillets from the tail ends.
05. Lay out one sheet of phyllo pastry on a clean work surface and brush it lightly with melted butter. Place another sheet on top and brush with butter. Repeat until you have 3-4 layers. Cut the layered phyllo pastry into equal quarters.
06. Place a spoonful of the spinach and cheese mixture in the centre of each phyllo square.
07. Top with a portion of the smoked haddock. The tail ends may be paired together to form a thicker portion.
08. Fold the corners of the phyllo squares over the filling to form a parcel, ensuring all sides are sealed. Brush the tops with more melted butter and sprinkle sesame seeds over the top.
09. Bake for 15 – 20 minutes and allow to cool slightly before serving for the filling to fully set. Serve with steamed asparagus or green beans