

# Salmon, Spinach & Tomato Pie

MARCH

## EASY TO MAKE

This isn't a 'pie' in the traditional sense of the word but a twist on one, which I thought might be nice.

This pie is super tasty and easy to make; it is simply a case of gathering all your ingredients together and layering it all up, as described below.

It is ideal for a lunch or supper dish.



Serves: 6

Preparation time: 45 mins

Baking time: 30/40 mins



### Ingredients

- 1x 270g Filo Pastry
- 650g Fresh Salmon, skin off and any bones removed and cut into thick slices (see pic 2)
- Smoked Paprika
- 100g Dried Couscous, either plain or a pre-flavoured packet that would go nicely with the fish
- 800g Ripe Tomatoes, finely sliced
- 100g Fresh Spinach
- 1x Lemon, Zest and Juice
- 1x small bunch of Dill (20g) chopped
- Salt & Pepper
- Olive Oil to layer pastry

### Method

Preheat the oven to 180°C. Brush a 30cm non-stick ovenproof frying pan with olive oil.

Lay 3 sheets of the filo pastry in the bottom of the pan at angles to each other leaving lots of overlap over the sides of the pan. Brush with oil and a light sprinkle of paprika, salt and pepper.

Keep one sheet of pastry for the top of the pie but lay the remaining sheets, again at angles to each other in the bottom of the pan.

Brush again with oil and sprinkle in the couscous.

Place half the sliced tomatoes on the top of the couscous, with any juice that runs out too.

On top of the tomatoes place the raw spinach, then all the thick slices of salmon, in a circular pattern around the pan.

Add the grated lemon rind and juice on top and the remaining tomatoes, dust with a little more paprika, salt and pepper.

Top with the chopped dill, then place the last piece of filo on the top, scrunching it up a bit if needed, brush it with oil and gather all the edge pieces up to the middle and brush with oil again and a final sprinkle of paprika.

Place on the hob for 4 or 5 minutes, or until it starts to sizzle on the bottom then transfer to the oven for 20 minutes, check for browning and have a piece of tinfoil ready just to loosely cover the top if it is browning a bit too quickly, cook for the remaining 10 to 15 minutes.



## AUD'S TIPS

This is based on a Jamie Oliver dish, but as you would expect, I have changed it a little. Serve with a dressed salad and a spoonful of herby yoghurt.