

Seafood filo parcels

Serves 4 Cost per serve \$5.00

Hands-on time 30 min

Cooking time 40 min

Filling

250g frozen seafood mix, thawed

250g white fish (e.g dory), chopped into small pieces

100ml white wine

100ml reduced-salt vegetable stock

1 medium carrot, finely chopped

1 green capsicum, diced

1 onion, finely chopped

4 tablespoons cornflour

200ml skim milk

1 teaspoon hot English mustard

¼ cup grated parmesan

8 sheets filo pastry

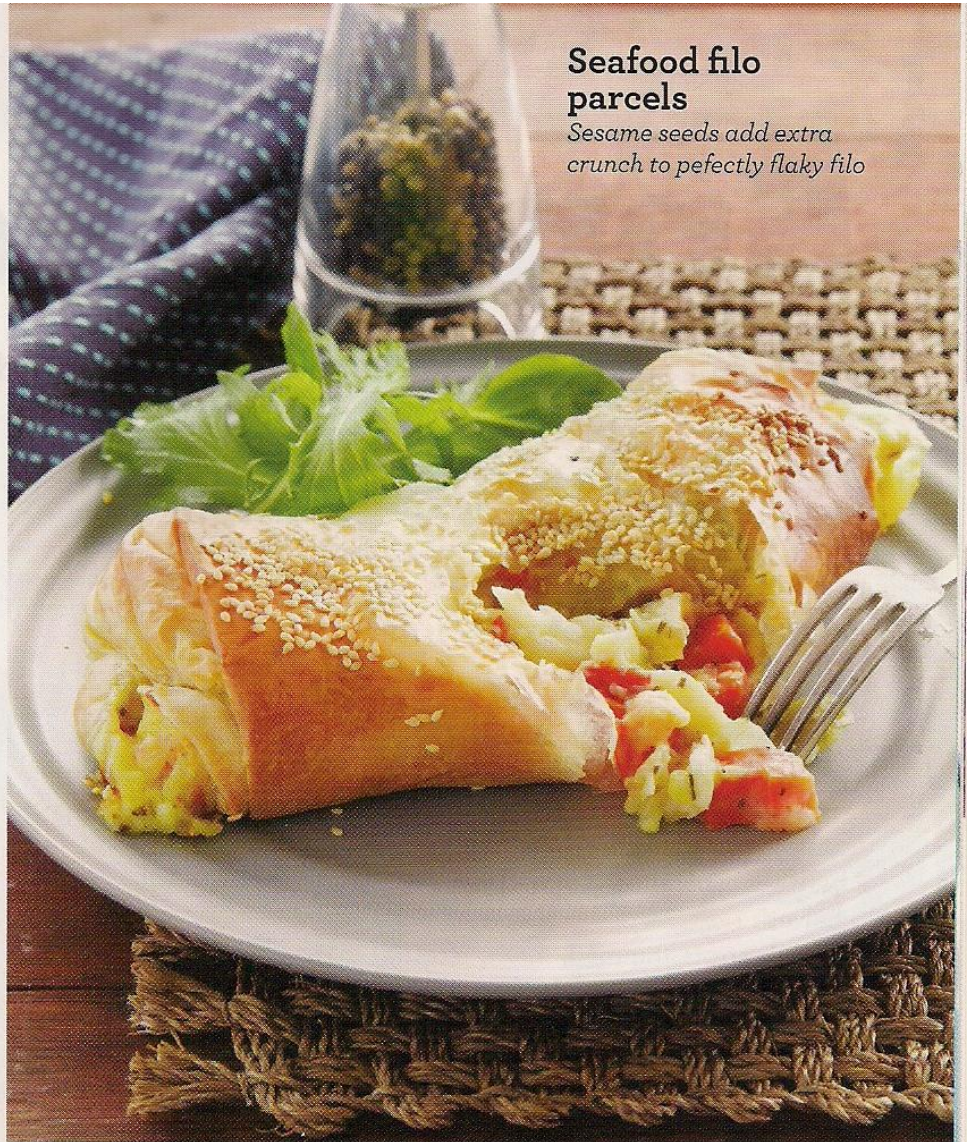
cooking oil spray

1 tablespoon sesame seeds

8 cups salad, to serve

1 Preheat oven to 180°C. To prepare filling, place seafood mix, fish, wine, stock, carrot, capsicum and onion into an ovenproof dish. Cover and bake for 15-20 minutes, or until fish and vegies are cooked. Drain and reserve liquid to make the sauce.

2 Whisk cornflour, milk and mustard together. Stir into reserved liquid from fish and cook in a small saucepan for a few minutes, or until thickened. Add cheese and season to taste with freshly ground black pepper. Add seafood mixture and stir to combine. Cool.



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Sesame seeds add extra crunch to perfectly flaky filo

3 To prepare pastry, take one sheet of filo, spray lightly with oil then add a second layer. Spray this lightly then fold the 2 sheets in half (so the short side is closest to you). Spoon a quarter of the pie mixture onto the bottom third (closest to you) of filo, leaving a 2cm border.

4 Fold in sides and bottom and roll up to make a parcel. Repeat with remaining sheets of filo and seafood mixture, to make 4 parcels. Place the filo parcels onto an oven tray lined with

baking paper.

5 Spray outsides of parcels with oil and sprinkle with a few sesame seeds. Cook for 15-20 minutes, or until filo is crisp and golden. Serve with salad.[hfg](#)



PER SERVE (incl 2 cups salad)

1834kJ/439cal	Sugars 8.1g
Protein 38.5g	Fibre 3.2g
Total Fat 11.4g	Sodium 867mg
Sat Fat 2.7g	Calcium 177mg
Carbs 39.2g	Iron 1.7mg