

Salmon, Rice and Egg Pie

Preparation time: 25 mins

Serves: 4 people

Categories:

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Dinner Recipes, Lunch Recipes



Ingredients

- 80g Long grain rice
- 500ml Fish stock
- 3 Eggs (hard boiled and roughly chopped)
- 50 g Mushrooms (chopped)
- ¼ bunch Parsley (chopped)

- ½ bunch Dill (chopped)
- 1 bunch Chives (chopped)
- ½ tsp Black pepper (freshly ground)
- 1 Lemon (zest and juice)
- 1 Egg (raw)
- 8 sheets Filo pastry
- 80g Baby spinach leaves
- 200g Salmon fillet (skinless/boneless, cut into two slices horizontally)
- 1 Egg (for glazing)

Optional:

- Hollandaise sauce
- Green salad

Method

Preheat oven to 180 C. Cook rice in fish stock and place into a bowl to cool. Add chopped egg, mushrooms, herbs, pepper, lemon zest and juice. Combine with raw egg. Lay out two pastry sheets and top with half the spinach leaves than one salmon slice all of the rice mix than remaining salmon, spinach and pastry sheet. Crimp the edges of the pastry and brush with egg, bake in the oven for about 25 minutes or until golden and cooked. Slice and serve hot.

Notes

Great served with Hollandaise sauce. Served with a fresh side salad this dish makes for a perfect lunch