

Salmon and Leek Parcels

Ingredients

Serves 6

- 2 teaspoons olive oil
- 3 x 200g Salmon Portions
- 25g butter
- 1 leek, trimmed, finely sliced
- 1 fennel bulb, trimmed, halved, thinly sliced
- 1 tablespoon plain flour
- 1 cup milk
- 2 teaspoons finely grated lemon rind
- 12 sheets fresh filo pastry
- Olive oil spray
- 3 teaspoon sesame seeds



Method

Heat 1 teaspoon of the oil in a large deep frying pan over medium heat. Cook half the salmon for 2 mins each side. Transfer to a plate to cool. Repeat with remaining oil and salmon.

Add butter, leek and fennel to the pan. Cook, stirring often, for 10 mins or until very soft. Sprinkle over flour. Cook, stirring, for 1 min. Add milk, a little at a time, stirring between each addition. Bring to the boil and cook for 1 min.

Stir in the lemon rind and season. Flake the salmon into chunks and stir into the sauce. Transfer to a bowl and refrigerate until cold. Preheat oven to 200C or 180C fan-forced and line a large baking tray with baking paper.

Place the filo on a clean work surface. Cover with a dry tea towel, then a damp tea towel (this prevents it from drying out). Spray 1 sheet with oil, then top with another sheet. Divide the filling into 6 equal portions. Place 1 portion in a rectangular shape at 1 short end of filo, about 7cm from the sides. Fold the end over, then fold over the sides. Roll up to enclose filling. Repeat with remaining filo and filling to make 6 parcels.

Place parcels on the prepared tray. Spray with oil and sprinkle with sesame seeds. Bake for 25 mins or until golden brown.