



BigFish Recipe™

Baked Salmon & Tomato Pie with salad

All-butter puff pastry is perfect for this recipe but you can use shortcrust if you prefer, whatever you have in the freezer! It makes a lovely large fish pie that's perfect for mid-week meals.

Preparation time: 10 minutes

Cooking time: 30 minutes

Serves: 6

Ingredients

4 BigFish plain or Organic salmon portions

500g frozen puff pastry, thawed (but keep cool)

400g fresh tomatoes – ideally a colourful selection such as mixed cherry tomatoes

1 tsp capers

30g fresh dill, chopped

A bag of washed salad leaves eg. rocket, baby leaf or spinach mix

1 egg – mixed with a little milk to make an egg wash

Seasoning – freshly ground black pepper and sea salt

A little olive oil, for drizzling

Method

1. Pre-heat the oven to 200°C or Gas Mark 6.
2. Roll out the pastry to make a large sheet, placing it in the middle of a non-stick baking tray.
3. Heat a dry frying pan and then lightly fry the salmon portions, skin side down, just for around a minute so that the skin cooks and you can easily remove it. You don't need to cook the fillets through at this stage.
4. Now take the slightly-defrosted fillets and place them in the middle of the pastry. Top with half your tomatoes, half the dill and all the capers. Season.
5. Fold one side of the pastry over the fish and tomatoes, lightly brush with egg wash and then fold over the remaining sides to make a parcel.
6. Brush with the remaining egg wash and bake for 30 minutes, or until golden brown.
7. Toss the remaining tomatoes and dill in a bowl with some green leaves to make a salad and add any juices left in the pan when the pie comes out of the oven. Drizzle with a little olive oil, season and toss again.
8. Serve the pie hot with the salad on the side. A baked potato is good with this too if you're particularly hungry!