

PHYLLO WRAPPED SALMON & SPINACH



TIME TO PREPARE

25 Minutes



BAKE TIME

11 - 13 Minutes



2 SERVINGS



Ingredients

- 1 tbsp olive oil
- 4 cups baby spinach leaves, coarsely chopped
- Salt and freshly ground black pepper
- 8 sheets phyllo pastry, thawed
- 1/4 cup olive oil or non-stick cooking spray
- 2 skinless salmon fillets, 4 to 6 oz each, about 1 1/2 inches thick
- 2 tbsp herb cream cheese such as Boursin

Steps to Make

1. Preheat oven to 425 F. Line a [baking sheet](#) with parchment or [baking mat](#).
2. Heat 1 tbsp olive oil over medium heat in a [saute pan](#). Add spinach and season with salt and pepper. Cook about 1 to 2 minutes until spinach has wilted. Transfer to a paper-towel lined plate and squeeze out excess moisture; set aside.
3. Lay one sheet of phyllo on the countertop and lightly brush with olive oil (you don't have to be too perfect with this. I like to use a [silicone brush](#) and just flick some around the phyllo sheet). Place a second sheet over the first and rub your hand over the sheet to seal them together. Repeat this action two more times so you end with a stack of four sheets of phyllo. You will do this a second time with the other 4 sheets of phyllo.
4. Season salmon with salt and pepper. Spread each fillet with 1 tbsp cream cheese and top with half the spinach. Place salmon, spinach side down on phyllo stack, 2-inches from bottom edge of the short side. Fold long sides into towards the centre. Gently roll up phyllo from the bottom to the top and place

seam-side down on a prepared baking pan. Repeat this process once more with the other salmon fillet.

5. Using a [paring knife](#), cut 3 slits across the top of each bundle. Brush each bundle with olive oil. Bake in preheated oven for 11 to 13 minutes or until phyllo is golden and salmon registers 130 F when tested with a thermometer. Remove from oven and let stand 5 minutes before serving.

COOKS TIP: In order for the spinach to end up on top, the salmon is placed topping side down. Once it's rolled up, the spinach ends up on top.

TIPS FOR WORKING WITH PHYLLO

- Phyllo sheets thaw more evenly if you thaw them in the refrigerator and are less likely to stick together.
- Don't open the phyllo until you have all your other ingredients ready to work with.
- Unroll the phyllo sheets and lay them flat on a dry surface. Immediately cover with plastic wrap and then a damp towel. (Covering with just a damp towel will moisten the sheets and make them stick together.)
- Keep phyllo covered when not working with it and don't leave it uncovered for more than 1 minute.
- Roll up any unused sheets and wrap well in plastic wrap and refrigerate for up to 1 month or overwrap in foil and re-freeze for up to 2 months.