



PHYLLO FISH BOBOTIE PARCELS

HEAT LEVEL 🔥🔥🔥🔥

Delight in our Phyllo Fish Bobotie Parcels - a delectable fusion of flaky phyllo pastry and spiced fish bobotie, creating a flavorful and satisfying dish.

50 Mins

8 Servings

INGREDIENTS

PASTRY

4 sheets (125 g) phyllo pastry
about 80 g butter or margarine, melted

FILLING

30 ml (2 Tbsp) butter or margarine
1 large onion, coarsely chopped
30 ml (2 Tbsp) medium curry powder
2 slices white or brown bread
250 ml (1 cup) milk
about 280 g cooked white fish, such as hake or silvers

125 ml (½ cup) Spur Salad & French Fry Dressing

15 ml (1 Tbsp) smooth apricot jam

5 ml (1 tsp) lemon zest

30 ml (2 Tbsp) fresh lemon juice

60 ml (40 g) seedless raisins or dried apricots, coarsely chopped

2 ml (¼ tsp) Steakhouse Spice

Freshly ground black pepper, to taste

2 extra-large eggs

METHOD

Pastry

1 Place phyllo pastry on a large working surface. Unfold each sheet and cut into three pieces, then three again. Brush the pieces with melted butter, repeat and place three pieces in each hollow of a muffin pan. Set aside.

Filling

1 Melt butter in a medium, heavy-based frying pan. Add onion and sauté for a few minutes until soft. Add curry powder and fry for 1 minute. Remove from heat and set aside. Soak bread in milk.

2 Combine cooked fish, onion, soaked bread with milk, Spur Salad & French Fry Dressing, jam, lemon zest, lemon juice, raisins, Spur Steakhouse Spice and black pepper. Whisk eggs, add and mix well. Spoon fish mixture into phyllo pastry.

3 Bake in a preheated oven at 180°C for 20-25 minutes until set and golden brown. Serve warm.

VARIATIONS

1 Substitute the hake or silvers with any other 280 g fresh fish, or even two cans of salmon (drained) or tuna (drained).

2 If fresh or frozen fish is used, poach the fish in a little water and milk in a medium, heavy-based saucepan for about 10 minutes or until fish is cooked and tender. Drain and flake.

