Dinner

Golden Filo Tarts with Salmon and Spinach

Crisp flower shaped filo pastry shells hold a warm filling of salmon, spinach and spring onions set in a soft egg and milk custard, finished with cherry tomatoes and fresh dill.



Low sugar

25 min	267	18.4 g	4.9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tbsp vegetable oil
- [ ] 100 g filo pastry
- [ ] 1 yellow pepper, chopped
- [ ] 4 spring onions, finely sliced
- [ ] 75 g cooked and drained spinach (defrosted frozen is ideal)
- [ ] good pinch pepper
- [ ] 15 g dill, roughly chopped but reserving 4 sprigs to garnish
- [ ] 2 boneless, skinless salmon steaks (approx. 125g each), cut into small cubes
- [ ] 1 egg, beaten with 100ml milk
- [ ] 8 cherry tomatoes, sliced
- [ ] lemon wedges, to garnish

Method

- [ ] 1 Heat the oven to 180°C/gas 4. Brush a large baking sheet with a little vegetable oil, set 4 ovenproof dishes, roughly 10cm across and 2cm deep, upside down on it and coat them with a little more vegetable oil.
- [ ] 2 Drape 3 squares of filo pastry, oiled side down, over each dish so they spread out into a flower shape, then cover with a damp tea towel and set aside.
- [ ] 3 Warm a little vegetable oil in a pan, tip in the chopped yellow pepper and cook for 3-4 minutes until softening, then add the spring onions and cook for a further minute.
- [ ] 4 Stir in the cooked and drained spinach, season with a good pinch of pepper and fold in the chopped dill, keeping 4 sprigs back for garnish.
- [ ] 5 Divide the cooked vegetables between the filo pastry cases, scatter the boneless, skinless salmon steaks, cut into small cubes, over each one and pour the beaten egg mixed with the milk on top.
- [ ] 6 Arrange the sliced cherry tomatoes over each tart and press a scrunched offcut of filo pastry into the centre to make a shape.
- [ ] 7 Bake for 15 minutes, then serve each tart topped with a sprig of dill and lemon wedges on the side.

Nutrition Facts

Per serving

Calories	**267**
Total fat	12.4 g
Saturated fat	2.5 g
Sodium	Not listed
Total carbs	18.4 g
Fiber	2.8 g
Total sugars	4.9 g
Protein	18.9 g

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