



# Fish pie with homemade phyllo

30'

Hands on

60'

Cook Time

8-10

Portion(s)

2

Difficulty



## Method

### For the phyllo dough

- In a mixer's bowl, add the flour.
- In a separate bowl, combine the water, olive oil, vinegar, sugar and salt.
- Then add it to the mixer's bowl with the flour along with the finely chopped herbs.
- Beat for 5-7 minutes using the hook attachment until your dough comes together nicely. (If you don't have a mixer or the hook attachment, knead with your hands for about 15 minutes.)
- Lightly dust a bowl with flour and add the dough. Cover with plastic wrap or a kitchen towel and allow to rest for 30 minutes at room temperature.

### To assemble

- Preheat oven to 170\* C (338\* F) Fan.
- Wash the whitebait and allow to strain thoroughly. If it is too big, clean by removing the head and the entrails.
- Finely chop the spring onion and garlic.
- Peel the potatoes and cut them in half, horizontally and then into 1 cm slices.
- In a large bowl, add the onions, garlic, potatoes, parsley, thyme, rosemary, salt, pepper, breadcrumbs, olive oil, lemon zest and lemon juice.
- Mix thoroughly with a wooden spoon and set filling aside.
- Brush the bottom of a 30 cm round baking pan with olive oil.
- Dust a working surface with some flour and roll out the dough to 50 cm.
- Carefully place in pan allowing the ends of the dough to hang over the edges of the pan.
- Add the filling and spread over the dough.
- Cut the tomatoes into 1 cm rounds and place them over the filling.
- Place the fish one next to the other, over the tomatoes.
- Drizzle with some olive oil and season with salt and pepper.

## Ingredients

### For dough

- 500 g all-purpose flour
- 300 g water
- 2 tablespoons olive oil
- 1 tablespoon vinegar
- ½ teaspoon granulated sugar
- ½ teaspoon salt
- 2 sprigs rosemary, only the leaves finely chopped
- 10 sprigs thyme, only the leaves finely chopped
- 50 g olive oil, for brushing

### For filling

- 1 kilo whitebait or small pickarel
- 1 onion
- 3 spring onions
- 1 clove of garlic
- 2 potatoes
- ½ bunch parsley, finely chopped
- 4-5 sprigs thyme, only the leaves, finely chopped
- 2 sprigs rosemary, finely chopped
- salt
- pepper
- 2 tablespoons breadcrumbs
- 2 tablespoons olive oil
- grated zest + juice from 1 lemon
- 2 tomatoes

## Διατροφικός πίνακας

### Nutrition information per portion

418 Calories (kcal)	13.0 Total Fat (g)	2.3 Saturated Fat (g)	48.0 Total Carbs (g)
21%	19%	11%	19%
2.7 Sugars (g)	24.9 Protein (g)	3.6 Fibre (g)	0.31 Sodium (g)
3%	50%	15%	5%

- Turn the overhanging dough inward and brush with the remaining olive oil.
- Bake for 1 hour.