

# MOURAD'S PHYLLO WRAPPED SALMON



## DIRECTIONS

Microwave parsley for a minute or so to reduce its volume. Add onions, pepper, panko, lemon juice, lemon zest, olive oil and salt & pepper.

Place a sheet of phyllo dough on a flat plate or platter. Add one tablespoon of your mixture in the center. Lay a salmon portion on top and fold the phyllo dough around it. No need to be neat. Bunch excess phyllo dough and flip the whole thing over and place it on a cookie sheet (the extra phyllo on the bottom will cook down and become nice and crispy).

Continue with the other portions in the same manner. Brush your finished portions with olive oil. Be sure to cover corners and sides as well.

Bake at 425 degrees Fahrenheit until golden (about 15 to 20 minutes).

\* I used "Athens Fillo Dough" from Lucky's. The size of these sheets was perfect. If you buy the same, keep one of the rolls frozen. You will only need one.

## SHOPPING LIST

3 lbs boneless skinless salmon cut in 4 oz portions

2 bunches flat leaf parsley, finely chopped

1/2 red or yellow bell pepper, finely diced

1 bunch green onion, finely chopped

3 lemons, zested and juiced

3/4 cup panko bread crumbs

1 package phyllo dough (thawed)\*

1 tbsp fresh black pepper

1 tsp salt

1/2 cup olive oil plus more for brushing