



Recipe from: [My Catholic Tradition](#)

## **Filo-wrapped Fish**

SERVES THREE TO FOUR

Ingredients

About 4 1/2 oz filo pastry (6–8 large sheets)

About 2 tbsp olive oil, for brushing

1 lb salmon or cod steaks or fillets

2 1/2 cups fresh tomato sauce

Preheat the oven to 400°F.

Take a sheet of filo pastry, brush with a little olive oil.

Cover with a second sheet of pastry.

Place a piece of fish on top of the pastry, towards the bottom edge.

Top the fish with 1–2 spoonfuls of the tomato sauce, spreading it in an even layer.

Roll the fish in the pastry to enclose the filling completely.

Brush with a little olive oil.

Arrange on a baking sheet.

Repeat with the remaining fish and pastry. You should have about half the sauce remaining, to serve with the fish.

Bake for 10–15 minutes, or until golden.

Meanwhile, reheat the remaining sauce.

Serve the fish immediately with the remaining sauce.