



PHYLLO FISH PIE

HEAT LEVEL 

Delight in our Phyllo Fish Pie - a flavorful blend of flaky phyllo pastry, tender fish, and savory goodness for a delicious and satisfying meal.

30 Mins

4 Servings

INGREDIENTS

30ml (2 Tbsp) butter or margarine
60ml (1/4 cup) cooking oil
About 700g fresh hake fillets
1 medium onion, coarsely chopped
80ml (1/3 cup) Spur Grill Basting
125ml (about 80g) frozen green peas
400ml (2 sachets) Spur Cheddamealt or Spur Cheese Sauce
60ml (1/4 cup) milk
30ml (2 Tbsp) chopped fresh parsley or 10ml (2 tsp) dried parsley
3ml (1/2 tsp)
200ml (3/4 cup) grated Cheddar cheese
3-4 sheets phyllo pastry
80g butter, melted for brushing

METHOD

- 1 Add butter and half of the oil in a large heavy-based saucepan.
- 2 Add hake and fry lightly until done.
- 3 Remove from pan, cut into large chunks and set on base of a medium greased ovenproof dish.
- 4 Add remaining oil in pan and lightly fry onion and peas for a few minutes.
- 5 Spoon over the fish and mix in lightly.
- 6 Whisk together the Spur Cheddamealt Sauce, Spur Grill Basting, milk, parsley and Spur Seasoning Salt.
- 7 Pour over fish and top with grated cheese.
- 8 Cut each pastry sheet into 4-6 strips. Crunch one-by-one lightly by hand and layer over the fish. Brush well with melted butter.
- 9 Bake in a preheated oven of 200°C for about 15 minutes, or until pastry turns golden brown. Serve warm.

VARIATIONS

- 1 Substitute any other fish, such as kingklip, haddock or snoek, for the hake.
- 2 Boil two eggs until hard, quarter and layer over the fish, under the pastry.
- 3 Replace the peas with broccoli, coarsely chopped carrots or spinach.
- 4 The phyllo pastry can also be substituted with any other pastry, such as puff pastry or even creamy mashed potatoes.
- 5 Instead of a large pie, make individual smaller pies.

