



Fish Wrapped in Filo Recipe is a perfect combination of crispy, buttery pastry and tender, [flavorful fish](#) that will leave your taste buds craving more. This recipe is not only visually stunning but also incredibly versatile, making it suitable for family meals, dinner parties, or even a quick weeknight treat. The delicate layers of filo pastry encase the fish, locking in its natural juices and creating a delightful contrast of textures. Whether you're a seafood lover or trying it for the first time, this dish promises a delightful culinary adventure that's both satisfying and easy to prepare.

What Makes Fish Wrapped in Filo the Perfect Dish?

Filo pastry, known for its delicate and crispy layers, is the ultimate complement to fish. Here's why this combination is such a winner:

- **Texture Contrast:** The buttery, flaky pastry contrasts beautifully with the soft, tender fish, creating a harmonious balance.
- **Flavor Customization:** You can add herbs, sauces, or vegetables to the filling, making it as simple or indulgent as you like.
- **Healthy Option:** Compared to heavier dishes, this pairing offers a light yet satisfying meal, especially with a lean fish like salmon.
- **Visual Appeal:** Filo-wrapped fish looks as good as it tastes, turning a simple recipe into a restaurant-quality presentation.

Now, let's explore how you can incorporate this versatile dish into your cooking, from beginner-friendly recipes to gourmet twists inspired by renowned chefs.

Simple Fish Wrapped in Filo Recipe for Beginners

If you're new to cooking with filo, don't worry—it's easier than you think.

Ingredients:

- 2 white fish fillets (such as cod or haddock)
- 4 sheets of filo pastry
- Olive oil or melted butter for brushing
- Lemon wedges for serving



Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush each filo sheet lightly with olive oil or melted butter and layer two sheets together.
3. Place a fish fillet in the center, season with salt and pepper, and wrap the pastry around it, sealing the edges.
4. Repeat for the second fillet.
5. Place the wrapped fillets on a baking tray, seam side down, and bake for 20-25 minutes or until golden and crispy.
6. Serve with a squeeze of lemon for added zest.

This simple recipe is your starting point to experiment with different fillings and flavors, which we'll explore next.

How to Make an Easy Fish Wrapped in Filo Recipe at Home

Ingredients

- 2 fish fillets (salmon, cod, or your choice)
- 4 sheets of filo pastry
- 2 tablespoons melted butter or olive oil
- Salt and pepper, to taste
- Lemon wedges, for serving

Instructions

Prepare the Ingredients

- Preheat your oven to 400°F (200°C).
- Pat the fish fillets dry with a paper towel and season both sides with salt and pepper.
- Prepare the filo pastry by brushing one sheet with melted butter or olive oil, then layer a second sheet on top. Repeat for the other two sheets.

Assemble the Wraps

- Place a seasoned fish fillet in the center of the layered pastry sheets.



- Fold the edges of the filo pastry over the fish to create a neat parcel, ensuring it is fully sealed.
- Repeat the process for the second fillet.

Bake and Serve

- Arrange the wrapped fillets seam side down on a baking tray lined with parchment paper.
- Bake in the preheated oven for 20–25 minutes, or until the pastry is golden brown and crispy.
- Remove from the oven and serve immediately with a squeeze of lemon and your favorite side dish.

Enjoy your homemade fish wrapped in filo, and feel free to experiment with additional herbs, spices, or fillings to make this dish your own!

Salmon in Filo Pastry: Jamie Oliver's Culinary Twist

Ingredients

- 4 salmon fillets (skinless and boneless)
- 8 sheets of filo pastry
- Olive oil, for brushing
- 1 small bunch of fresh dill, finely chopped
- 1 lemon, zest and juice
- Sea salt and freshly ground black pepper
- 4 tablespoons crème fraîche
- 2 handfuls of spinach leaves

Steps

Preparing the Salmon

1. Preheat your oven to 400°F (200°C).
2. Season the salmon fillets with a pinch of sea salt and a small grind of black pepper on both sides.
3. Mix the crème fraîche with lemon zest, half the dill, and a dash of lemon juice in a small bowl.



Preparing the Filo Pastry

1. Lay out one sheet of filo pastry on a clean surface and brush lightly with olive oil.
2. Stack a second sheet on top, brushing it lightly with oil as well, to create a double-layered base.
3. Place a small handful of spinach in the center of the pastry and top it with one salmon fillet.
4. Spread a spoonful of the prepared crème fraîche mixture on top of the salmon, then sprinkle with more dill.

Wrapping the Salmon

1. Gently fold the sides of the pastry over the salmon, then roll it up tightly like a parcel, ensuring the salmon is fully encased.
2. Brush the outside of the pastry with olive oil for a golden, crispy finish.
3. Repeat this process for the remaining fillets.

Baking the Parcels

1. Place the parcels seam-side down on a baking tray lined with parchment paper.
2. Slide the tray into the preheated oven and bake for 20-25 minutes, or until the filo pastry is crisp and golden brown.

Serving

1. Remove the parcels from the oven and allow them to cool for a couple of minutes.
2. Serve each parcel with a fresh squeeze of lemon juice and a side salad or steamed vegetables for a wholesome meal.

Jamie Oliver's take on salmon in filo pastry effortlessly combines flaky textures, bold flavors, and a touch of elegance. It's a dish that's as simple to prepare as it is to impress!

Mary Berry's Classic Salmon in Filo Pastry Recipe

Ingredients

- 4 salmon fillets (approximately 150g each)
- 8 sheets of filo pastry
- 50g butter, melted



- 1 lemon, zest only
- Fresh dill, finely chopped
- Salt and pepper, to taste

Method

Preparation

1. Preheat your oven to 400°F (200°C, fan 180°C).
2. Lay a sheet of filo pastry on a clean surface, brush it lightly with melted butter, and place another sheet on top to double-layer it.

Assembly

3. Place one salmon fillet in the center of the layered filo.
4. Season the fillet with salt, pepper, and a sprinkle of lemon zest and dill.
5. Fold the edges of the pastry around the salmon, creating a neat parcel, and ensure all sides are sealed.
6. Repeat the process for the remaining fillets.

Baking

7. Place the salmon parcels onto a baking tray lined with parchment paper, seam-side down.
8. Brush the tops of the parcels with more melted butter to ensure a golden finish.
9. Bake in the preheated oven for 20–25 minutes, or until the pastry is crisp and golden.

Serving

10. Allow the parcels to cool slightly before serving.
11. Serve hot with steamed seasonal vegetables or a fresh green salad for a delightful meal.

Mary Berry's version of salmon in filo pastry delivers a classic and simple approach, emphasizing fresh ingredients and elegant presentation. Perfect for any occasion, this dish is guaranteed to impress!



Indulge in Salmon in Filo Pastry with Cream Cheese

Creamy, indulgent, and perfect for special occasions, this variation adds an extra layer of texture to the dish.

Ingredients:

- Salmon fillets
- 4 sheets of filo pastry
- 4 oz cream cheese
- Fresh dill and chives

Instructions:

1. Spread a layer of cream cheese over your fish fillets and sprinkle with chopped herbs.
2. Wrap them in filo pastry and bake until golden and crispy.

This version pairs perfectly with a crisp white wine or a light salad.

Adding a Pesto Twist: Salmon in Filo Pastry with Pesto

Want to pack in extra flavor with minimal effort? Spread a thin layer of pesto (classic basil or sun-dried tomato) on the salmon before wrapping it.

The punchy, savory flavors of pesto elevate the dish while keeping it light and vibrant. It's an ideal choice for weeknight dinners or casual gatherings.

Perfecting Salmon Filo Parcels: Step-by-Step Guide

For a restaurant-quality finish, here are the steps to master salmon filo parcels:

1. **Prep Your Ingredients:** Ensure your fish fillets are evenly sized, and your filo pastry is thawed if frozen.
2. **Layer with Care:** Use at least two sheets of filo per fillet for a sturdy yet flaky wrap.
3. **Seal the Edges:** Lightly press the pastry edges together and brush them with butter or egg wash to prevent splitting during baking.

Follow these tips for perfect parcels every time.



Salmon in Filo Pastry with Spinach and Cream Cheese

Spinach adds depth and nutrition to your salmon packets. For this recipe, sauté fresh spinach with garlic before layering it over cream cheese and salmon. Wrap it all in filo and bake for 20–25 minutes.

The result? A creamy, flavorful parcel with a subtle earthy note from the spinach.

Tips and Tricks for Creating the Best Fish Wrapped in Filo

Here are some pro tips to take your filo-wrapped fish from good to great:

- **Use Fresh Ingredients:** The flavor of your fish and the crispness of your pastry depend on freshness.
- **Don't Overfill:** Too much filling can cause the pastry to split. Use just enough to enhance, not overwhelm.
- **Serve Immediately:** Filo pastry is at its best right out of the oven—crispy and golden.

How to Store and Serve Filo-Wrapped Fish

Storing:

If you have leftovers, allow the filo-wrapped fish to cool completely before storing. Wrap each portion tightly in aluminum foil or place them in an airtight container. Refrigerate for up to 2 days. To maintain the crispy texture, avoid using plastic wrap directly on the pastry as it may trap moisture.

Serving:

To reheat, preheat your oven to 350°F (175°C). Place the fish directly on a baking sheet and warm for about 10-15 minutes, or until heated through and the pastry is crispy again. Avoid using a microwave as it may turn the filo soggy. Serve with a fresh side salad or steamed vegetables for a light, perfectly balanced meal.



Conclusion

Filo pastry-wrapped fish is a delightful way to elevate your meals with a blend of crisp texture and rich, flavorful fillings. By focusing on fresh ingredients, careful preparation, and prompt serving, you can ensure a perfect result every time. Whether you're hosting a dinner party or looking for a creative way to enjoy [seafood](#), this dish is sure to impress with its elegant presentation and delicious taste.

FAQs

Can I use frozen fish for this recipe?

Yes, you can use frozen fish, but make sure to thaw it completely and pat it dry with paper towels to remove excess moisture before wrapping it in filo pastry.

What can I substitute for spinach in the filling?

If you're not a fan of spinach, you can replace it with other leafy greens like kale or Swiss chard, or even use finely chopped mushrooms for an earthy flavor.

How can I prevent the filo pastry from becoming soggy?

To keep the filo pastry crisp, ensure the filling isn't too wet and pat ingredients dry before wrapping. Additionally, bake the parcels on a lined baking sheet to prevent moisture from seeping in.

Can I prepare this dish in advance?

While it's best served fresh, you can assemble the parcels a few hours ahead and store them in the refrigerator. Bake them just before serving to maintain the crispiness of the filo.

What sides pair well with filo-wrapped fish?

This dish pairs beautifully with a crisp green salad, roasted vegetables, or even a light lemon-dill rice to complement the flavors.