

# MINI FISH PIES

## WITH FETA CHEESE AND SPINACH



Time  
20min



Servings  
20

Calcium Recommended Daily Intake  
18.60%

Calories  
**250**

Calcium  
**186mg**

Protein  
**12g**

Vitamin D  
**2.78 IU**

### Ingredients

#### Dough

- 750 g all-purpose flour
- 1 tsp salt
- 1 tbsp sugar
- 2 tbsp apple-vinegar
- 125 ml olive oil
- 250 ml water from the boiled
- spinach (see below)

#### Filling

- 500 g fresh spinach
- 300 g Greek feta cheese
- 100 g grated parmesan cheese
- 300 g fresh fillet of salmon
- 1 chopped red pepper
- 3 fresh spring onions cut in pieces
- 3 tbsp chopped parsley
- 3 tbsp chopped fennel
- 10 leaves of fresh mint
- 3 tbs olive oil (60 ml)
- Salt
- Black pepper
- Milk
- Sesame seeds for decoration

### Instructions

1. Place all the ingredients for the dough in a mixing bowl. Using finger tips, mix gently together and let it stand.
2. Wash and blanch the fresh spinach leaves in a cup of boiling water. Let it simmer for 5 minutes, drain (saving the water to use in the dough).
3. Wash and dry the salmon. Then make a parcel with the help of a wax paper, placing salmon and red pepper together with 1 teaspoon of olive oil. Put this parcel in a hot oven (180 C) and bake for 20 minutes.
4. In the meantime, sauté the spring onions with the remaining olive oil, remove from the stovetop. Shred the feta cheese and reserve.
5. In a mixing bowl place all the herbs, the cooked spinach, the spring onions, the grated parmesan and shredded feta cheese together with cooked salmon and red pepper, which you must cut into small pieces. Add salt and freshly ground black pepper. Mix well. The filling is ready.
6. Divide the dough into two equal pieces. Roll out one of them. Cut out ca. 11 cm-sized round forms from the rolled out dough and place them on a flat baking pan which you have covered with baking paper.
7. On top of each round piece of dough place a tablespoon of the filling. Roll out the second piece and again cut equally round pieces to use for covers. Stick the sides together with the use of a little bit of water, so the pies are tidily closed. With a fork gently press the tops down.
8. Brush them with milk and sprinkle with sesame seeds. Bake in a hot oven (180 C) for about 25 minutes.