

Seafood pastilla

Preparation time: 45 minutes to one hour

Cooking time: 25 minutes

Ingredients (for 4 people):

- 4 fillets of sea bream
- 1 kg prawns
- ½ kg calamari
- bouquet fresh parsley coriander
- 4 sheets of filo pastry
- 4 cloves of garlic
- 250g rice vermicelli
- 8 tablespoons of olive oil
- ½ teaspoon butter
- 1 skin of a preserved lemon
- 1 bay leaf
- 4 teaspoons sweet paprika
- 2 teaspoons powdered ginger
- 2 teaspoons turmeric
- 2 teaspoons cumin
- 2 teaspoons coriander powder
- ½ teaspoon chili powder
- ½ teaspoon salt
- 1 teaspoon fresh lemon juice
- Pinch of saffron

Preparation

Finely chop the fresh parsley and coriander bouquet, paste the cloves of garlic and finely dice the skin of the preserved lemon and put them into a bowl. Add the fish, prawns and calamari and all the listed spices; paprika, ginger, turmeric, cumin, coriander, chilli, salt, saffron and lemon juice. Add the olive oil and marinate well. You could do this before and leave it to marinate for a couple of hours or overnight but leave out the lemon juice and add it before you start to cook. Keep all the different fish and seafood separate once marinated due to different cooking times.

In a large frying pan add a drizzle of olive oil, on a high heat add the fish fillets skin side down in the pan and turn the heat to medium. Cook both sides well, once done take out the fillets and add the prawns and calamari with the bay leaf, ½ teaspoon butter, cook until done, don't overcook the calamari. In the bowl, remove the skin and bones from the fish and then mix in the prawns and calamari.

In a saucepan boil some water and add the vermicelli for approximately 1 minute. Drain and run under the cold tap to stop the cooking process. Then cut into small pieces with scissors and mix into the bowl with the fish etc.

Take a saucer or small plate and brush it with butter. Take 1 sheet of the filo pastry and place it on the saucer, with the saucer in the middle. Do this 4 times for the individual pastillas. Place the ingredients in the middle on the saucer and then gently gather up the sides around the pastilla and gently press down to close the top. Turn out onto a well-greased baking tray and cook for approximately 30 minutes, until golden, in a pre-heated oven temperature 180-200c.

Serve with a slice of fresh lemon and enjoy!