



ROYAL
VOLUNTARY
SERVICE

MOROCCAN FISH PASTILLA

by Nadia Terry

SERVES 2

Ingredients

- 1 pack of filo pastry
- Fish (of your choice)
- 100g cheese (optional)
- 3 to 4 medium garlic
- 125g mushrooms
- ½ pack of fine vermicelli
- 1 preserved lemon cut to cubes
- 1 fish stock cube
- Juice of ½ lemon
- Small piece of butter
- 5 tbsp of coriander and parsley
- 2 tsp of cumin
- 1 tsp coriander powder
- 1 tsp of paprika
- Salt and pepper
- 1 tbsp soy sauce (optional)
- 1 tsp harissa (optional)
- 1 chilli (optional)



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Method

1. Mix coriander, parsley, garlic, spices, and lemon juice for chermoula sauce.
2. Cut vermicelli, add the optional fish stock cube, and boil water as per packet instructions.
3. In a frying pan, heat vegetable oil and chermoula, then add preserved lemon, mushrooms, and fish.
4. Add vermicelli and soy sauce, mix well and allow to cool.
5. Layer filo pastry with melted butter, add the mixture and fold like a spring roll.
6. Bake at 180 degrees until golden brown.
7. Decorate with lemon slices and serve with mixed salad leaves.

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