



Salmon and Vegetable Wellington

Prep:	40 mins
Cook:	40 mins
Total:	1hr 20 mins
Servings:	24 children

Ingredients to make three Wellingtons

- Vegetable oil
- 3 onion, chopped
- 6 garlic cloves
- 1kg bag frozen mixed vegetables
- 1.5kg poached and flaked salmon
- 2 eggs, beaten for the mix
- 1 egg, beaten as a glaze
- 2 mugs of grated cheddar
- 3 packets puff pastry

Method

1. Make the filling for all three Wellingtons by heating a little vegetable oil in a sauce pan and gently frying the onions for about 6 minutes until they are soft and translucent. Add the garlic and gently fry for 3 minutes more.
2. Add the frozen vegetables and continue to fry until the vegetables have fully defrosted and the water created has evaporated. This will take about 10 minutes.
3. Allow the mixture to cool down for about 10 minutes.
4. Add the flaked salmon, 2 beaten eggs and the cheese and thoroughly combine.

To make the first Wellington

5. Roll a block of pastry block into a rectangle.
6. Add half the mixture to one half of the pastry rectangle.
7. Moisten the edges of the pastry rectangle with egg and fold the empty side over the mixture, sealing the mixture in the pastry wellington.
8. Repeat with 2 remaining blocks of pastry
9. Bake at 180°C for about 40 minutes until