

Curried Vegetable Puff

15 minutes preparation

20 minutes cooking time

5 portions



INGREDIENTS

5 Ready made pastry cut into 15cm squares

1/2 tsp Vegetable oil

50g Lentils

75g Onion (finely chopped)

125g Potato (cooked and finely diced)

50g Carrots (cooked and finely diced)

50g Apple (finely chopped)

25g Sultanas

1 tsp Curry powder

50g Sweetcorn (frozen or tinned)



METHOD

1. Place the lentils in cold water. Bring to boil, cover tightly, reduce heat and simmer for 5-7 minutes or until they are tender and strain.
2. Fry the onion in the vegetable oil until soft and add half the curry powder.
3. Add all the remaining ingredients and mix together the rest of the filling.
4. Brush the edges of the pastry squares with water and place the filling mixture into the pastry square and fold over to make a triangle.
5. Press down the edges and use a fork to mark around the edges.
6. Mix the remaining curry powder with 50ml water and glaze the pastry.
7. Bake in moderate oven, 180°C gas mark 5 for 15-20 min.



Add cooked chicken or added flavour or roasted sweet potato or even butternut squash.