

Puff Pastry Curried Vegetable Parcels

Ingredients:

4 puff pastry sheets

1 tablespoon oil

1 brown onion, peeled and diced small

2 cloves garlic, peeled and crushed

2 potatoes, peeled and diced small

2 carrots, diced small

4 teaspoons curry powder

100mls water + 1 teaspoon vegeta mixed in

½ cup peas

1 egg, beaten

1 tablespoon sesame seeds

Method:

- Preheat oven to 200 degrees. Line 2 baking trays with baking paper and set aside.
- Heat a large fry pan with oil. Fry off onion and garlic for a minute, then add carrots and potatoes and cook until potato starts to soften.
- Add curry powder and fry off for 1 minute then add veg stock. Let it cook uncovered for roughly 10minutes or until vegetables are completely cooked. Add peas, mix and set aside.
- Cut puff pastry into 8 triangles (I will show you how to do this) and spoon small amounts of mixture into the middle of each triangle. Fold pastry over the top to make a small triangle shape and brush your beaten egg over the top and sprinkle with sesame seeds.
- Place them onto your baking trays and cook for 15-20minutes or until golden. Serve onto 4 plates.