

Curried Vegetable Pastries

Ingredients

200g/8oz low protein short crust pastry with 2 teaspoons curry powder added

Filling

450g/1lb cooked vegetables (e.g. potato, carrot, peas, celery)*

1 tablespoon curry powder

2 tablespoons tomato purée

1 tablespoon cider vinegar (optional)

* may need to count as exchanges

Method

1. Roll the pastry out on a surface, lightly dusted with Juvela low protein mix and using a saucer or dish as a guide, cut out 6x15cm (6") rounds.
2. Mix together well all the filling ingredients and divide evenly between the pastry rounds, placing on one half of the rounds only.
3. Brush the edges of each round with water, fold the pastry over the filling and seal the edges with a fork.
4. Carefully place the pasties on a greased baking sheet and bake in a preheated oven for 15 minutes until firm to touch.

This recipe was provided by Nutricia

National Centre for Inherited Metabolic Disorders