VEGETABLE TRIANGLES

From our garden: potatoes, flat leaf parsley

NOTES TO STUDENTS and VOLUNTEER:

1. Read this recipe first so you understand how to prepare the ingredients.
2. Please make one triangle for each person here today.
3. Focus on your knife skills.

EQUIPMENT

- Measuring spoons
- Measuring cups
- Kitchen scales
- Small saucepan
- Medium saucepan
- Colander
- Grater
- Fork
- Clean tea towel
- Chopping board
- Large knife
- Large frypan
- Wooden spoon
- Baking tray and baking paper
- Serving platters and serving spoons

INGREDIENTS

- 500g potatoes
- 2 table spoons olive oil
- 1 medium brown onion
- 1 medium carrot
- ½ cup garden peas
- 1 - 2 teaspoons mild curry powder (according to taste)
- Handful of flat leaf parsley
- 3 - 4 sheets frozen puff pastry, partially thawed
- Tomato sauce, to serve

WHAT TO DO

- Scrub and wash the potatoes to remove all the dirt. Cut the larger potatoes in half. Place the potatoes in a medium saucepan, add cold water to just cover the potatoes and bring to the boil and cook for 8 to 10 minutes or until the potatoes are just tender when tested with a fork. Drain. Return to the saucepan. Use a fork and roughly mash the potatoes.
- While the potatoes are cooking, peel and grate the carrot.
- Peel and finely chop the onion.
- Wash and roughly chop the flat leaf parsley.
- In a small saucepan bring a small amount of water to the boil and add the garden peas and blanch for 2 minutes. Drain immediately and set aside.
- Heat the olive oil in a frying pan over medium-high heat. Add the onions and cook, stirring, for 3 minutes or until softened. Add the carrot and cook, stirring, for 5 minutes or until carrot starts to soften. Add the curry powder and cook for an additional minute.
- Add the potatoes and peas to the fry pan. Stir to combine and cook for 2 minutes.
- Season with salt and stir in the parsley. Set aside to cool slightly.
- Preheat oven to 180°C fan-forced. Line 3 baking trays with baking paper.
- Cut each sheet of puff pastry into 8 (cut the sheet of pastry into four squares and cut each square in half on the diagonal to form a triangle).
- Spoon approximately 1 large tablespoon of mixture into the centre of each pastry.
- Brush edge of pastry with water. Fold into a triangle to enclose the filling. Press edges to seal. Place on oven tray. Repeat with remaining mixture.
- Bake for 15 - 20 minutes or until puffed and golden.
- Serve with tomato sauce.