

PUMPKIN PASTIES

Ingredients

1 small piece pumpkin, cleaned and diced small

1 tbs oil

1 brown onion, peeled and diced

1 small sweet potato, peeled and diced

2 medium potatoes, peeled and diced

2 cups water

1 tsp curry powder

1 tsp cumin

¼ cup frozen peas

3 fennel fronds, chopped

Salt and pepper

Frozen pastry sheets, thawed



Method

Prepare pumpkin, potatoes and sweet potatoes.

Sautee onion in medium pot with oil.

Add diced pumpkin, potatoes and sweet potatoes.

Add water to pot to poach vegetables and put a lid on it.

Continue to cook on medium heat till vegetables are tender, stirring occasional to ensure not sticking to the pan.

Check with Kath for allergy requirements.

Remove from heat and add remaining ingredients.

Lay out pastry sheets on bench and cut each sheet into 4 smaller squares.

Dob a tbs of mixture on each pastry square and fold into a triangle.

Seal edges with a fork.