

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 tablespoons 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.