

Quick Curry Puffs (meat or vegetarian)

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Meat filling

Ingredients:

1 small onion
1 tbs cooking oil
180g minced beef or chicken
300g frozen mixed vegetables (eg peas, carrots and corn) or chopped boiled vegetables
1/2 sachet of Vissot Cambodian Curry paste, dissolved (see below)
1 tbs cornflour
3 tbs water

Method:

- Heat the oil in a frypan
- Add the onion and fry until tender
- Add the meat and fry until cooked through
- Mix the fried onions and meat in a medium size bowl with all the other ingredients

Vegetarian filling

Ingredients:

400g tin chickpeas or lentils, drained
1 cup (350g) frozen mixed vegetables (eg peas, carrots and corn) or chopped boiled vegetables
1/2 sachet of Vissot Cambodian Curry paste, dissolved (see below)

Method:

- Mix all the ingredients together in a medium size bowl



Pastry

Ingredients:

1 egg, lightly beaten
3 sheets of puff pastry, cut into 4 squares each

Method:

Place 1 heaped spoon of filling in the centre of 1 square. Fold one corner to the opposite corner and press the joined edges with a fork:

Puncture the pastry with a fork:

Place on a lined baking tray. Brush with the egg and bake in a preheated oven at 180oC for about 25 minutes:



Dissolving the Paste:

Cut paste into 5mm wide strips:



Place in a small bowl and add **hot** water until almost covered (2 tbs for 1/2 sachet):



Soak for 10 minutes (microwave to dissolve faster). Mash into a smooth paste with the back of a spoon:

