



Bombay potato & spinach pies



Vegetarian



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings potato halved
- ☐ 85 g butter
- ☐ 2 onion chopped
- ☐ 1 tbsp cumin seeds
- ☐ 1 tbsp mustard seeds shopping list black
- ☐ 2 tbsp ginger finely chopped
- ☐ 2 pepper flakes red halved deseeded sliced
- ☐ 3 tbsp miso

- ☐ 400 g pkt spinach fresh
- ☐ 4 tomatoes chopped
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 270 g sheets dough (6 large sheets)
- ☐ 50 g butter melted
- ☐ 1 tsp mustard seeds shopping list black

Equipment

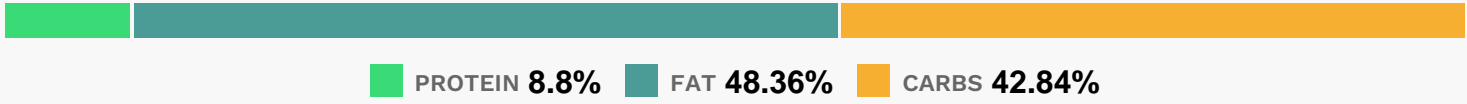
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ To make the filling, heat a pan of salted water. When boiling, add potatoes and boil for 15 mins until tender. Melt the butter then fry the onions for a few mins.
- ☐ Add cumin, mustard seeds, ginger and chillies and fry, stirring occasionally, for about 7 mins until soft. Stir in curry paste.
- ☐ Cook the spinach in the microwave on High for 5 mins.
- ☐ Drain and squeeze out as much liquid as you can, then chop it.
- ☐ Drain the potatoes and tip them into the spice mixture. Crush lightly to break them up into chunks rather than mash. Toss in the spice mixture with plenty of salt to coat them, then add the spinach, tomatoes and coriander.
- ☐ Carefully unroll the pastry and brush 2 x 20cm loose-bottomed sandwich tins with some butter.
- ☐ Brush the first sheet of pastry and lay it in and across the tin so that it hangs over the side. Do the same with another sheet of pastry to cover the other side of the tin (so the two form a cross), butter and fold the final sheet in half and lay it in the base of the tin to create a firm base. Do the same with the other tin and remaining pastry.
- ☐ Spoon the filling into the tin and fold up the pastry that is overhanging so that it covers the filling.

- ☐
- Brush generously with the remaining butter and sprinkle with seeds.
- ☐
- Bake for 35 mins until golden and crisp.
- ☐
- Serve with a salad and mango chutney, or a raita made by mixing plain yogurt with mint sauce or jelly, if you like.

Nutrition Facts



Properties

Glycemic Index:98.25, Glycemic Load:18.27, Inflammation Score:-10, Nutrition Score:39.754782547121%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 17.39mg, Quercetin: 17.39mg, Quercetin: 17.39mg, Quercetin: 17.39mg

Nutrients (% of daily need)

Calories: 617.12kcal (30.86%), Fat: 34.21g (52.62%), Saturated Fat: 18.7g (116.86%), Carbohydrates: 68.16g (22.72%), Net Carbohydrates: 59.43g (21.61%), Sugar: 9.33g (10.37%), Cholesterol: 72.56mg (24.19%), Sodium: 1125.65mg (48.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.02%), Vitamin K: 512.44µg (488.04%), Vitamin A: 11631.3IU (232.63%), Vitamin C: 88.78mg (107.61%), Manganese: 1.8mg (90.21%), Folate: 309.55µg (77.39%), Potassium: 1495.41mg (42.73%), Iron: 7.67mg (42.62%), Vitamin B1: 0.63mg (42.23%), Magnesium: 151.82mg (37.95%), Fiber: 8.73g (34.92%), Vitamin B6: 0.67mg (33.54%), Selenium: 23.16µg (33.08%), Vitamin B2: 0.56mg (32.7%), Vitamin B3: 5.75mg (28.77%), Vitamin E: 3.92mg (26.14%), Copper: 0.51mg (25.7%), Phosphorus: 255.71mg (25.57%), Calcium: 178.78mg (17.88%), Zinc: 2.05mg (13.64%), Vitamin B5: 0.82mg (8.16%), Vitamin B12: 0.07µg (1.13%)