



Spiced pea & potato rolls



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



285 kcal

Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 2 onions finely sliced
- ☐ 300 g potatoes cut into small cubes
- ☐ 1 tbsp curry paste
- ☐ 140 g peas fresh
- ☐ 4 large sheets dough cut in half
- ☐ 4 servings tomatoes

Equipment

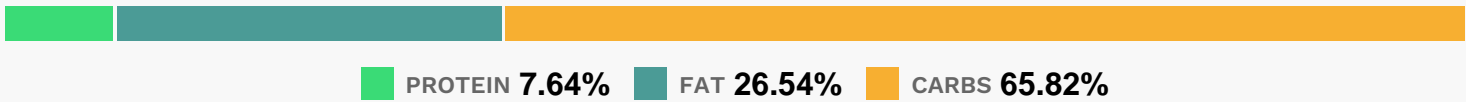
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Heat half the oil in a non-stick frying pan. Tip in the onions and cook until soft and golden, about 8–10 mins.
- ☐ Meanwhile, boil the potato cubes for 5 mins, until just tender, then drain. Tip into the softened onions and fry for 2 mins more. Stir in the curry paste and cook for 2 mins. Pop in the peas, plus 1 tbsp water. Cook for 1 min, give everything a good mix and season. Tip into a bowl to allow to cool slightly.
- ☐ Brush half the filo half-sheets with some of the remaining oil, then lay the remaining sheets on top so you have 4 x double layers. Spoon a of the potato mix along one edge of each, leaving a bit of space at each end. Fold in the ends then roll up to seal.
- ☐ Place seam-side down on a baking sheet, brush with the remaining oil and bake for 20 mins, or until crisp.
- ☐ Serve warm with a dollop of mango chutney and a tomato & onion salad, if you like.

Nutrition Facts



Properties

Glycemic Index:62.02, Glycemic Load:23.19, Inflammation Score:-8, Nutrition Score:12.270434814951%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.69mg, Quercetin: 11.69mg, Quercetin: 11.69mg, Quercetin: 11.69mg

Nutrients (% of daily need)

Calories: 284.93kcal (14.25%), Fat: 8.49g (13.06%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 47.39g (15.8%), Net Carbohydrates: 42.09g (15.3%), Sugar: 14.9g (16.56%), Cholesterol: 0mg (0%), Sodium: 106.69mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (10.99%), Vitamin C: 34.92mg (42.33%), Vitamin K: 23.31µg (22.2%), Manganese: 0.43mg (21.38%), Fiber: 5.3g (21.2%), Vitamin B1: 0.28mg (18.96%), Vitamin B6: 0.36mg (17.81%), Vitamin A: 860.97IU (17.22%), Folate: 64.12µg (16.03%), Potassium: 510.91mg (14.6%), Vitamin B3: 2.37mg (11.83%), Phosphorus: 114.55mg (11.45%), Iron: 2.02mg (11.23%), Copper: 0.2mg (10.16%), Vitamin B2: 0.17mg (9.71%), Magnesium: 37.95mg (9.49%), Selenium: 5.96µg (8.51%), Zinc: 0.85mg (5.67%), Vitamin E: 0.66mg (4.4%), Calcium: 41.74mg (4.17%), Vitamin B5: 0.39mg (3.87%)