



Spicy Tattie Puffs



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



511 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp spicy curry paste (I used Patak's Balti Paste)
- ☐ 1 eggs
- ☐ 8 servings sprinkling of flour
- ☐ 0.5 cup peas frozen (you may add more)
- ☐ 6 medium kestral potatoes with a little butter boiled mashed
- ☐ 500 g block puff pastry

Equipment

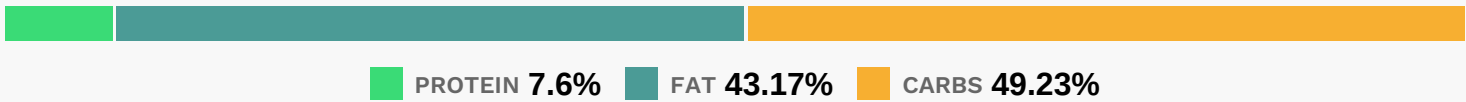
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 200c/180c fan/gas mark 6.
- ☐ In a bowl, mix together the mashed potato with the curry paste until the colour is even.
- ☐ Mix in the frozen peas.
- ☐ Dust your counter top with flour and roll out the puff pastry. At this point, you can either: – cut two long rectangles, put the filling down one side, fold the other side over, sealing with a little water, so you have a long sausage, then cut into little rectangles.– cut individual squares, add filling fold over and seal to make sausage roll shapes.
- ☐ Place on a baking tray.
- ☐ Cut slits in the top of each pastry (air vents), then brush with egg yolk and bake in the oven for 20 minutes until golden.notes: for a vegan version, mash the potato with vegan marg and do not glaze before putting in the oven. They are just as good, they just don't have that shiny finish.

Nutrition Facts



Properties

Glycemic Index:32.39, Glycemic Load:40.18, Inflammation Score:-6, Nutrition Score:16.043912931629%

Flavonoids

Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 510.61kcal (25.53%), Fat: 24.63g (37.9%), Saturated Fat: 6.28g (39.24%), Carbohydrates: 63.22g (21.07%), Net Carbohydrates: 58.03g (21.1%), Sugar: 2.31g (2.56%), Cholesterol: 20.46mg (6.82%), Sodium: 173.63mg (7.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Vitamin C: 35.15mg (42.6%), Manganese: 0.64mg (31.96%), Vitamin B1: 0.46mg (30.78%), Selenium: 20µg (28.57%), Vitamin B6: 0.51mg (25.62%), Vitamin B3: 4.93mg (24.63%), Folate: 96.51µg (24.13%), Potassium: 748.4mg (21.38%), Fiber: 5.19g (20.78%), Iron: 3.44mg (19.11%), Vitamin B2: 0.3mg (17.77%), Phosphorus: 157.34mg (15.73%), Vitamin K: 15.38µg (14.65%), Copper: 0.27mg (13.72%), Magnesium: 52.04mg (13.01%), Zinc: 1.03mg (6.87%), Vitamin B5: 0.6mg (5.99%), Vitamin A: 201.29IU

(4.03%), Calcium: 32.77mg (3.28%), Vitamin E: 0.43mg (2.85%)