

# Veggie Tasty Triangles

## Ingredients

- 200g Quorn mince
- 1 packet of shop bought filo pastry
- 100g potato, cubed and cooked
- 1 medium onion, finely chopped
- 50g frozen peas, blanched
- 50g finely chopped carrot, blanched
- 1 clove garlic, crushed or chopped
- 1 or 2 tsp's of curry powder or paste
- 1 tsp turmeric (optional)
- 1 tsp oil
- 2 tsp mango chutney
- Small bunch coriander chopped (optional)
- Melted butter or oil

## Method

- 1 Add oil to a pan, add the onion and garlic, cook gently until the onions are shiny and see through (5 mins).
- 2 Add the spices to the onions and cook for 2 mins.
- 3 Then add the cooked veg, Quorn, mango chutney & coriander and cook for 5 mins. Then leave to cool.
- 4 Lay one sheet of the filo pastry on a clean work surface. Fold into 3 length ways and then unfold, then cut along the crease lines you have just created using scissors. Creating 3 equal, long pieces of pastry.
- 5 Take one of the 3 pieces you have just cut and brush lightly with melted butter or oil. Fold over the end of the piece of pastry to create a small square, unfold to give a crease line.
- 6 Add 1 dessert spoon of your mixture into the centre of your fold.
- 7 Fold the corner of the filo diagonally over the filling. Continue carefully folding in the same way until all sides of your triangle are sealed and you reach the end of the sheet.
- 8 Brush lightly with butter or oil then bake in the oven at 200 degrees C/ Gas mark 6/7 for 10 mins or until golden.

