



Food Discovery Curried Vegetable Parcels

Enough for about 15-18 small parcels

Ingredients

150g cooked carrot and parsnip
100g new potatoes
5 spring onions
100g cream cheese
Handful baby spinach
1 small tin chickpeas
1 pack filo pastry (defrosted if frozen)

1 tablespoon curry paste or powder
1 tablespoon chopped coriander
Rapeseed oil for brushing

Method

- Heat the oven to 200C.
- Chop the potato, carrot and parsnip into small pieces using the bridge technique
- Chop the spring onion up using the claw technique
- Put the cream cheese in a bowl in beat with a wooden spoon until smooth
- Snip the coriander in a cup with scissors
- Add the coriander and curry powder or paste to the cream cheese, mixing carefully, and then mix in the all the vegetables and chickpeas
- Cut each pastry sheet into 3
- Add a spoonful of mixture to the middle of one end of the pastry sheet and fold over the long sides and then roll up away from you
- Put on a baking sheet and brush with oil and bake at 180C for 15 minutes. Enjoy hot or cold! These reheat well too.

Curried Vegetable Parcels

These parcels are suitable for vegetarians if you follow the recipe.

They is **low in salt**, **cheap to make** (around 50p a portion) and if you eat 3, contains **2 of your 5 a day**.

It contains protein in the form of cream cheese, spinach and chickpeas.

If you don't have exactly what is in the recipe try these 'Swaps':

- Different vegetables, like a frozen veg pack
- Replacing the curry with black pepper and other spices of your choice
- Making a large parcel with a few layers of filo instead of lots of small ones, and then slicing up into portions
- If you can't find filo, you could use shortcrust pastry and make rolls (like sausage rolls!)
- Add some cooked meat, like chicken, instead of the chickpeas
- You could even make these sweet by replacing the vegetables and spices with fruit! You may need to use less cream cheese, otherwise they might go a bit soggy

The cooked parcels will keep in the fridge for up to 3 days and can be reheated in the microwave, or better in the oven so they will be crispy. Only reheat once.

For more information on how to make your food shopping go further, try looking at the Love Food Hate Waste website: www.lovefoodhatewaste.org.uk.