# Lentil & Vegetable Pasties

**Ingredients:**
- 450g Sebago Potatoes
- 1 medium Brown Onion
- 1 Carrot
- 2 sticks Celery
- 1 cup cooked Silver beet
- 1 cup mashed Sweet Potato
- 2 cups cooked Lentils
- Salt & Pepper
- 3 tsp. curry powder/optional
- 1 qty. of Pastry
- Egg Wash

**Equipment:**
- Chopping Board & nonslip mat
- Knives
- Peeler
- Rolling pin
- Bowls
- Saucepans
- Masher
- Spoon and cup measures
- Baking paper
- Baking tray
- Pastry brush

**Method:**

1. Collect all ingredients and equipment
2. Preheat oven to 180c
3. Peel and wash potatoes, carrots and celery. Dice
4. Place a pot of water on to boil. When boiling blanch the vegetables 5mins
5. Drain and place into a bowl
6. Peel and dice the onion. Heat a pan over medium heat
7. Add some oil and sauté the onion until golden.
8. Add to the bowl with blanched vegetables
9. Add the mashed sweet potato, lentils and chopped silver beet.
10. Mix to combine. Add the curry and the salt and pepper
11. Take a small piece of pastry and roll it into a small circle
12. Brush the edges of the pastry with the egg wash
13. Place a spoon of vegetable mix in the centre then pinch together
14. Brush with egg wash and place on a tray lined with paper
15. Place into the oven and bake for 20 mins
16. Serve on a plate with sweet chilli sauce
Wholemeal Shortcrust Pastry

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>Equipment:</th>
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</thead>
<tbody>
<tr>
<td>• 500g plain Wholemeal flour</td>
<td>• Scales</td>
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<tr>
<td>• 250g butter</td>
<td>• Bowl</td>
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<tr>
<td>• Salt</td>
<td>• Measuring jug</td>
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<tr>
<td>• 100 mils water</td>
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</tbody>
</table>

Method

1. Collect all ingredients and equipment
2. Weigh the flour into a bowl
3. Weigh the butter and cut into cubes. Place into the flour with the salt
4. Using your fingertips, rub the butter into the flour until it resembles coarse bread crumbs
5. Add the water and mix into a dough
6. Press into a ball
7. Wrap and chill for at least 30 mins before using