



Veggie Party Puff Pastries

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Ingredients

Makes about 15 bite-sized pastries:

Half a sweet potato, diced
100g chickpeas
Small handful spinach, chopped
Half a parsnip, chopped
1 shallot, chopped

250g puff pastry
1 egg, beaten

Instructions

Chop everything as small as you can!

- 1) Lightly boil the sweet potato for 5-10 minutes.
- 2) In a separate pan, cook the shallot, parsnip and chickpeas over a low heat. Add the spinach after 5 minutes, then mix in the sweet potato.
- 3) Preheat the oven to 200 degrees C.
- 4) Roll out your pastry and stamp out some shapes.
- 5) Glaze with beaten egg and add a bit of filling to the centre of each pastry.
- 6) Stick in the oven for about 15 minutes.