

# Cauliflower and Pea Pastries

Makes 10

## Filling Ingredients

2 tbsp ghee  
1 tbsp cumin seeds  
2 tsp ginger, minced  
2 green chillies, seeded and minced  
¾ tsp asafoetida powder\*  
1 small cauliflower (about 400g), trimmed, diced & steamed until tender  
1 cup green peas, steamed  
¼ tsp cinnamon powder  
½ tsp turmeric powder  
1 ½ tsp salt  
1 tbsp coriander leaves, finely chopped  
½ tsp lemon juice

## Pastry Ingredients

15 sheets filo pastry  
1 tbsp nigella seeds  
Canola spray

## Method

### Filling

Heat the ghee in a large frying pan over moderate heat (around level 7 on induction hob). Add cumin seeds and sauté in the hot ghee until they turn golden. Add the ginger and chillies and stir-fry for 1 minute. Add the asafoetida powder and stir briefly then add the cauliflower and peas. Add turmeric, cinnamon and salt.

Reduce the heat to low (around level 3 on induction hob), stir all ingredients and partially cover. Cook, stirring occasionally for about 5 minutes to dry out mixture slightly. Add the coriander leaves and lemon juice.

Remove from the heat and mash the veggies coarsely. Allow the mixture to cool to room temperature.

Assembly

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Lay one sheet of filo pastry a bench. Spray all over with canola spray. Top with another sheet of pastry and spray with canola spray. Repeat with one more pastry sheet. Slice pastry sheets lengthways through the centre to form two long strips. Keep remaining pastry covered while working with the first three sheets.

Spoon 2 heaped tablespoons of the vegetable filling onto the end of each pastry strip. Take one pastry strip and fold pastry over filling diagonally and continue to fold pastry over filling forming a triangular shape until the end of the strip. Repeat with other pastry strip.

Repeat this process with remaining pastry and filling until you have 10 parcels. Spray the tops of the pastries with a little more canola spray. Sprinkle with nigella seeds.

Set your Siemens Combi-steam oven to 4D Hot Air at 190°C and add a Low level of Pulse steam. Put pastries onto two universal trays and place into the oven on level 2 and the other on level 4.

Bake for approximately 15 minutes until pastries are golden and puffed.

Serve with Date and Tamarind Chutney.

*\*Asafoetida powder is available from Asian grocers. Substitute ¾ tsp garlic powder if unable to find.*