

Carrot and Sweet Potato Triangles

Serves: 8

Prep time: 15 minutes

Cook time: 25 minutes



½ serve per portion

Ingredients

1 tablespoon olive oil
1 small red onion, finely diced
2 teaspoons fresh ginger, grated
2 teaspoons cumin
1 teaspoon cinnamon
1 teaspoon ground coriander
1 teaspoon garlic powder
2 carrots, grated
1 medium sweet potato, peeled and grated
⅓ cup currants
2 cups cooked brown rice
2 tablespoons almonds, roughly chopped
½ cup parsley, finely chopped
100g reduced fat feta cheese, crumbled
8 sheets filo pastry
Milk, to brush
1 tablespoon sesame seeds

Method

PREHEAT oven to 180°C. Line tray with baking paper.

HEAT olive oil in fry pan.

ADD onion, ginger and spices. Cook for 2-3 minutes.

ADD carrot, sweet potato and currants. Cook for a further 5 mins until carrot and sweet potato have softened. Stir in rice and almonds.

TRANSFER rice mixture to a bowl. Cool for 5 mins.

ADD parsley and feta to rice mixture.

LAY filo pastry on work surface. Cover with a clean damp tea towel.

FOLD 1 sheet of filo pastry in half horizontally.

PLACE ½ cup of rice mixture in one corner of the filo pastry. Fold diagonally to form triangle shape.

BRUSH with milk and sprinkle with sesame seeds.

BAKE for 15 minutes or until golden brown and crisp.



Discretionary Food

Recipe courtesy of Barb McMillan, Dirranbandi Branch