

PEA PAKORA POCKETS

Serves 4

INGREDIENTS:

500g Floury Potatoes - cut into chunks

200g Peas

4-5 Tsp Curry Powder

200ml Natural Yoghurt

Small Bunch Mint

6 Pitta Breads - Halved

1/2 Iceberg Lettuce - Shredded

1/2 Red Onion - Sliced

DIRECTIONS

Preheat the oven to 200°C/Fan 180°C

Boil potatoes for around 8 minutes until tender. Add the peas for the final few minutes.

Drain well, separate out the potato and return to the pan with 1/3 of the peas. Add the curry powder and season with salt and pepper. Mash together over a low heat. The heat will help to dry out the veg.

Stir in the remaining peas.

Using 2 tablespoons, shape the mix into rugby ball shapes. You should get about 16. Place on a lined baking sheet and bake for 20 minutes until golden and crisp around the edges.

Chop half of the mint and mix with the yoghurt.

Add the remaining mint leaves to the shredded lettuce.

Warm the pittas and fill with the pakoras, the lettuce mix and the yoghurt.