

POTATO & PEA STUFFED FLATBREAD



This is an Afghani Bolani served at parties or gatherings and usually shallow fried and served with a spicy sauce.

I baked them to lower the calories and make them healthier. You can fill these little pockets with anything that takes your fancy, but I used potato, peas and cauliflower. You can also make them vegan if you use dairy free yogurt. The filling is traditionally very mild with a flavorful sauce served on the side. I made my spiced yogurt and garlic dressing. If you prefer a richer flavor, add some grated cheddar or spicy vegetarian chicken sausage to the potato filling.

These are also very similar to an English 'Cornish Pastry'. Meat or potato and cheese inside a pastry case. It is thought that their origins were from Cornwall. Coal miners would take their meat in a pastry case into the mines for lunch, and eat the filling, throwing away the black coal covered casing.

These stuffed flat breads are best served fresh and warm. They are easily reheated by just popping them in the oven on 350F for 5-10 minutes. The perfect lunch to take to work or down the mines.

For the Pastry

- 3 1/2 Cups Manini's Gluten Free Multi-Grain Flour
- 1 1/2 Cups Water
- Pinch Salt
- 2 Tbs Olive Oil

For the Filling

- 3 Organic Potatoes
- 1/2 Onion – Chopped
- 1 Bunch Green Onions – Chopped
- 1 Cup Peas (or corn) – Optional
- 2 Tbs Coriander
- 3 Cloves Garlic
- Freshly Ground Sea Salt and Black Pepper

For the Yogurt Sauce

- 1 Cup Yogurt
- 3 Cloves Garlic Peeled
- 1/4 Onion
- 1 tsp Cumin
- Squeeze of Lime – To Taste
- 1 Cup Cilantro
- Freshly Ground Sea Salt and Black Pepper

To make the Yogurt Sauce I

Put all ingredients for the yogurt sauce into the blender and blend until smooth. Chill until served.

To make the pastry I

Put all ingredients in a food processor and mix until a dough forms. Coat dough with oil and let sit while you prepare the filling.

To make the filing I

Boil potatoes until soft and mash in a bowl.

Add remaining ingredients and mix. Add grated cheese if you like.

Roll pastry out into 5 – 6 inch circles. You can cut round a small plate. Place some filling on half the circle.



Fold over to form the pocket and seal by pressing with a fork.

Place on a baking tray lined with parchment paper and bake at 400F until golden, about 10-25 minutes.

