

Indian Curry Puffs

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-curry-puffs>

Ingredients:

- 1 tablespoon vegetable oil
- 10 ounces beef minced
- 2 tablespoons curry powder
- 1 onion large, peeled and chopped into small pieces
- 1 large potato peeled and chopped into small pieces
- 2 sheets puff pastry frozen, store-bought
- 1 beaten egg or a few tablespoons milk

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 35 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 8 grams
8. Sodium: 180 milligrams
9. Sugar: 2 grams

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