

Curry Puffs/ Veg Puffs (made with Puff Pastry)

Yield: 6 min
Total Time: 60 min

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

Ingredients:

- 1 sheet puff pastry
- 1 potato
- 1 cup mixed vegetables
- 1 onion
- 1 green chili
- ginger
- garlic paste
- red chili powder ½tsp, add more for a spicy curry
- Garam Masala ½tsp
- salt to taste
- 1 tablespoon cilantro

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 32 grams
3. Fat: 16 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. SaturatedFat: 4 grams
7. Sodium: 270 milligrams
8. Sugar: 2 grams

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