

Curried Lentil Hand Pies

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/puy-lentils-indian-recipe>

Ingredients:

- 15 phyllo pastry sheets 9 inches wide by 14 inches long. If you can only get the 9 by 28 inch size, cut the sheets in half and use. Th...
- oil for spraying
- 1 cup brown lentils
- puy lentils
- 1 onion medium, chopped
- 1 medium tomato chopped
- 2 medium carrots finely diced
- 1 green bell pepper finely diced
- 4 cloves garlic minced
- 1 tablespoon ginger grated
- 1 teaspoon paprika
- 1 tablespoon coriander powder
- 1/4 teaspoon turmeric
- 2 teaspoons Garam Masala
- 1 teaspoon vegetable oil
- 1/4 cup coriander leaves finely chopped
- 2 spring onions optional, finely chopped
- salt to taste

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 79 grams
3. Fat: 11 grams
4. Fiber: 20 grams
5. Protein: 20 grams
6. SaturatedFat: 1 grams
7. Sodium: 570 milligrams
8. Sugar: 6 grams

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