

## Curried Vegetable Parcel

Prep time: 15 Minute

Cooking time: 35-40 Minutes

### Ingredients:

- 30g broccoli, chopped
- 15g carrot, chopped
- 30g zucchini, sliced
- ½ teaspoon butter
- 2 tablespoons chopped onion
- ½ teaspoon minced garlic
- ¼ teaspoon curry powder
- ¼ teaspoon plain flour
- 20ml coconut cream
- 1-2 tablespoons butter, extra, melted
- 1 sheet of puff pastry



*A parcel full of healthy goodness, so flavoursome. YUM. Enjoy!*

### Method: Preheat oven 180°C

- Steam or microwave broccoli, carrots and zucchini, until just tender, drain
- Melt butter in a small saucepan, over medium heat
- Add onion and garlic, cook while stirring until onion is soft, for about 1-2 minutes
- Add curry powder and flour, stir and cook for another minute
- Remove from heat and gradually stir in coconut cream and water, bring sauce to boil, reduce heat and stir till sauce thickens
- Add vegetables and stir through. Cool to room temperature
- Brush the sheet of puffed pastry with melted **extra** butter
- Place the vegetable filling onto the pastry and fold the edges in and bring the other half of the pastry over the filling, making a roll shape. Seal with edges together with a little of the melted butter
- Brush with remaining melted butter
- Place onto a greased oven tray and bake for 25 minutes or until lightly browned
- **Meanwhile make the Coriander Hollandaise as below**

### Coriander Hollandaise

- 1 egg yolk
- 3 tablespoon butter
- 2 teaspoons lemon juice
- 1 teaspoon chopped parsley
- 1 teaspoon chopped coriander
- pinch of salt
- wedge of lemon

### Method:

- Place butter in a small bowl and cook in microwave on medium to high heat for 30-40 seconds
- Stir in the rest of the ingredients and whisk until blended
- Cook in microwave on medium-high heat for 15 sec, whisk and repeat this twice more (45 seconds)
- If the sauce separates, keep whisking (fast) until it combines together and thickens. Pour over the vegetable parcel
- **Serve with a wedge of lemon and Enjoy!**