



Jamaican Vegetable Patties

(Vegan)

Prep:	20 mins
Cook:	1 hour
Total:	1 hour 20 minutes
Servings:	8 children

Jamaican vegetable patties - these spiced, Caribbean style vegan vegetable pasties are full of flavour and make a great snack or light meal. They are also eggless and dairy free.

Ingredients

- 1 Tbsp coconut oil
- 1 brown onion peeled and finely chopped
- 250 g sweet potato peeled and diced
- 1 large carrot peeled and diced
- 300 g butternut squash peeled and diced
- 115 g finely shredded savoy cabbage
- 2 medium tomatoes diced
- 200g Mixed Frozen Vegetables
- 3 cloves garlic peeled and crushed
- 3 spring onions thinly sliced
- ½ tsp each of ground allspice, ground ginger, turmeric, salt and thyme
- 1 tsp each of ground cumin and paprika
- A pinch each of ground cinnamon and ground white pepper
- 180 ml full fat coconut milk
- 500g pack vegan readymade shortcrust pastry (we make our own at nursery)

Instructions

1. Preheat the oven to 200°C/180°F/400°F/gas mark 6. To make the filling, place the coconut oil in a large pan over a low heat. Add the onion and cook for about 10 minutes, stirring often, until it is soft
2. Add the sweet potato, carrot, butternut squash, cabbage, tomatoes, peas, sweetcorn and broad beans and cook for another 10 minutes, stirring often, until the vegetables have started to soften
3. Add the garlic, spring onions, allspice, ginger, cinnamon, cumin, paprika, turmeric, thyme, salt and white pepper and cook for another minute
4. Add the coconut milk and simmer for 5-10 minutes until the vegetables are tender and the liquid has reduced. Allow to cool then refrigerate until cold
5. Once the filling is cold roll the pastry into a rectangle shape
6. Place the mixture on one half of the pastry and fold to seal
7. Brush a little water around the rim of the pastry and fold it over the filling
8. Press the edges together to seal, then crimp the edge with a fork
9. Cut a little slit in the top of the patty for steam to escape
10. Place the patty on a baking sheet lined with baking parchment
11. Brush the tops of the chilled patties with a little dairy free milk then bake for 25-30 minutes until golden and bubbling
12. Set aside to cool for about 10 minutes before serving