

The recipe for the Gluten Free Shortcrust Pastry is here

. We actually ended up with three very hearty pies. One is in the freezer for work snacks!

Ingredients for the filling:-

1 Thumb sized lump of Ginger, grated
6 Cloves of Garlic, minced
2 Chicken breasts, cut into bite sized pieces
1 Tin of Tomatoes
1 Tsp of Garam Masala
1 Tsp of Cumin
1 Tsp of Turmeric
1 Tsp of Chilli Powder
2 Tbsp of Yogurt
1 Tsp of Mustard Seeds
1 Bay Leaf
1 Onion, finely diced
1 Green Pepper, deseeded and sliced
1 Tbsp of Lime Juice
A handful of chopped leaves
200g of Spinach
Salt & Pepper
1 Egg, beaten with a little milk for the Egg wash

Oil to fry

Method:-

(1) In a bowl blend the Tomatoes and stir in the Spices & Yogurt.
(2) In a large frying pan add a little Oil and fry the Mustard Seeds until they start to pop.
(3) Add the Onion and Bay Leaf and stir until the Onion has softened.
(4) Add the Garlic, /ginger and Chilli.
(5) Stir for 2 minutes over a medium heat.
(6) Add the Chicken, stirring and slightly increase the heat.
(7) Add the Tomato mixture and allow to simmer for 15 minutes.
(8) Stir in the Spinach and simmer for 2 minutes.
(9) Add a few grinds of Black Pepper and the Lime juice.
(10) Stir in the Coriander and remove the Bay Leaf.
(11) Remove from the heat and allow to cool.
(12) Line Pie tins with Pastry and fill each with the Balti mix.
(13) Lay Pastry over the top and seal with a fork around the edges.
(14) Brush with Egg wash and sprinkle with a few Mustard Seeds.
(15) Place in a preheated over at 180c for 20 to 30 minutes, until the pastry is cooked and slightly browned.

Both the pastry and the Balti filling were really good. Perhaps not a traditional combination, but we enjoyed it!