Meat-Filled Naan Pockets
RECIPE

Meat-Filled Naan Pockets

Cooking time	45 min – 1 hour
Preparation time	10 mins
Serves	4

It’s worth taking a little extra time to make naan breads from scratch using this easy recipe. Fill them with mince flavoured with fragrant spices and enriched with Royco Bolognaise Cook-In Sauce, cook the pockets until puffed and golden, then serve with crunchy sambals and a cool yoghurt sauce.

Ingredients

- 30ml (2 Tbsp) vegetable oil
- 1 packet (250g) diced bacon [optional]
- 2 onions, peeled and diced
- 15ml (1 Tbsp) crushed fresh garlic
- 5ml (1 tsp) coriander seeds
- 5ml (1 tsp) cumin seeds
- 1 sprig curry leaves, dried or fresh
- 5ml (1 tsp) curry paste
- 250g beef mince
- 60ml (¼ cup) chutney
- 300ml boiling water
- 1 packet Royco® Bolognaise Cook-In Sauce
- For the naan bread:
- 540g (about 4½ cups) flour
- 60ml (¼ cup) white or brown sugar
- 10ml (2 tsp) salt
- 1 packet (7g) instant dry yeast
- 60ml (¼ cup) milk
- 375ml (1½ cups) warm water
- 1 egg
- For the garlic butter:
- 125ml (½ cup) melted butter
- 30ml (2 Tbsp) crushed fresh garlic
- a small bunch of fresh coriander, chopped
- To serve:

- Plain yoghurt and sambals of your choice

Vegetarian

In place of beef mince, use brown lentils, cooked chopped brinjals or mushrooms, or soya mince.

Family Friendly

Kids love food filled with a surprise, so these naan pockets are perfect for family dinners. If your children don't like heat, choose a mild curry paste.

Recipe developed for Royco by @lungiscorner

Method

1. Preheat the oven to 160°C.
2. Heat the oil in a pan and add the bacon (optional), onions, garlic, coriander seeds, cumin seeds, curry leaves and curry paste. Cook until the onions are soft and golden.
3. Add the mince and continue to cook until the meat is evenly browned. Add the chutney and continue cooking over a medium heat.
4. In a separate jug, whisk together the boiling water and the contents of the packet of Royco® Bolognaise Cook-In Sauce. Pour this into the pan, stir well and simmer until the liquid has mostly evaporated. Season to taste with salt and pepper.
5. Remove the pan from the heat and set aside until needed.
6. To make the naan bread, combine the flour, sugar, salt and yeast in a big bowl. In a separate jug, lightly whisk together the milk, water and egg. Pour this mixture into the dry ingredients and stir well to make a dough.
7. Knead the dough on a lightly floured surface for 3 – 5 minutes, then place the ball in an oiled bowl. Cover with clingfilm or a cloth and allow to prove for 45 –60 minutes, or until well risen.
8. Divide the dough into 8 – 12 balls and roll each ball flat into a disc. Add a spoonful of the mince mixture to each disc and pinch closed to form a pocket. Gently roll each filled pocket to flatten it slightly, and set aside.
9. Mix together the melted butter, garlic and chopped coriander. Brush the garlic butter over the dough pockets.
10. Heat a frying pan and cook the pockets, in batches and without extra fat, until golden brown on both sides.
11. Place on a baking tray and bake at 160°C for 10 – 15 minutes.
12. Serve warm with plain yoghurt and sambals of your choice.

Recipe Tags

Dry Cook In Sauce, Meat, Curry, Sauce

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Cooking time

15 mins

Preparation time

20 mins

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30 mins

Preparation time

15 mins

Cheesy Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins

Marinated Mushroom, Boerewors & Apricot Sticks

Cooking time

15 mins

Preparation time

30 mins

Roasted Summer Veg with Herby Feta

Cooking time

30 mins

Preparation time

10 mins

Butternut and Potato Bake

Cooking time

50 mins

Preparation time

15 mins

Tuna Crumble

Cooking time

25 mins

Preparation time

10 mins



Creamy Butter Chicken Pasta

Cooking time

20 mins

Preparation time

15 mins



Crunchy Sweet and Sour Stir-Fry

Cooking time

15 mins

Preparation time

15 mins

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