

Vegetable samosa



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Ingredients

1/2 potato
1/2 carrot
1/2 onion, chopped
1x10ml spoon oil
1/2 red chilli, chopped
1x5ml spoon garam masala
1/2 5ml spoon tumeric
2-3x15ml spoons water
25g peas (frozen)
1x15ml spoon fresh coriander
1 pack filo pastry
25g butter, melted



Equipment

Chopping board, knife, vegetable peeler, 2 x saucepans, colander, wooden spoon, small bowl, pastry brush, baking tray.

Method

1. Preheat oven to 200°C or gas mark 6.
2. Peel and dice the potato and carrot (pea sized).
3. Par-boil for 5-8 minutes.
4. Fry the onion in the oil for 4-5 minutes.
5. Add the chilli and spices and cook for a further 1 minutes.
6. Drain the potatoes and carrots in a colander.
7. Add the potatoes, carrots and water to the onion mixture, fry gently for 5 minutes.
8. Add the peas and coriander.
9. Remove from the heat and allow to cool.
10. Lay 2-3 sheets of filo pastry on the work surface.
11. Cut into 10 cm wide strips. Brush with melted butter.
12. Place 1x15ml spoon of filling in the bottom left-hand corner. Fold over to make a triangle. Repeat this process.
13. Place on a baking sheet and repeat the process.
14. Brush the samosas with melted butter and bake for 10 minutes.

Tips

- * Make up a vegetable filling in advance – allow the children to assemble the samosas.
- * The samosas can be frozen in advance for a party or celebration.
- * Use different vegetables.
- * This recipe is for mild samosas. Add more chilli and a glove of garlic for extra kick!