

## Vegetable samosas

### Ingredients

1/2 potato  
 1/2 carrot  
 1/2 onion  
 1x15ml spoon fresh coriander  
 ½ red chilli  
 Spray oil  
 1x5ml spoon garam masala  
 ½ 5ml spoon turmeric  
 2-3x15ml spoons water  
 25g peas (frozen)  
 1 pack filo pastry  
 25g butter or soft spread



### Equipment

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

### Method

1. Preheat oven to 200°C or gas mark 6.
2. Prepare the filling:
  - peel and finely dice the potato;
  - peel and finely dice the carrot;
  - peel and finely dice the onion;
  - deseed and finely dice the chilli;
  - chop the coriander.
3. Par-boil the potatoes 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 minute.
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.
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. Lightly spray the samosas with oil, or brush with the fat, and bake for 10 minutes.

### **Top tips**

- Be careful when preparing the fresh chilli. Use a fork to hold the chilli when cutting or wear gloves. Thoroughly wash and dry your hands and do not touch your face or hands.
- The samosas can be frozen in advance for a party or celebration.
- Use different vegetables e.g. okra, sweetcorn, spinach.
- This recipe is for mild samosas. Add more chilli and a glove of garlic for extra kick!

### **Food skills**

- Weigh.
- Measure.
- Peel.
- Dice and chop.
- Boil and simmer.
- Fry.
- Divide.
- Form and shape.
- Bake.

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