Easy Vegetable Samosa

SERVES: 24

INGREDIENTS:

- 3 tablespoons sunflower oil
- 3 small onion finely chopped
- 6 cloves garlic finely chopped
- 3 small piece ginger finely chopped
- ¾ teaspoon ground coriander
- ¾ teaspoon ground cumin
- 3 teaspoon garam masala
- 1.5 teaspoon ground chilli powder optional
- 6 small potatoes diced
- 3 carrots diced
- 6 tablespoons water
- Handful frozen peas
- Salt and pepper to taste optional
- 12 large sheets of filo pastry
- Sunflower oil for brushing

METHOD:

To make the mixture

1. Heat the oil in a medium frying pan over a medium heat. Add the onion and fry until soft and golden brown. Stir often.
2. Add the garlic and ginger, stir and cook for a minute
3. Add the spices, stir and cook for a minute before adding the diced potatoes, carrot and 2 tablespoons water. Reduce the heat to low and cover.
4. Cook until soft (10 – 15 minutes). Add a little more water if needed. Stir often.
5. Add the frozen peas and cook for a minute or two. Taste the mixture and season with salt and pepper if needed.

To make the Samosa

1. Pre-heat oven to 180 degrees
2. Line a baking tray with non stick baking paper
3. Unroll the filo pastry. Remove one sheet* and cover the rest with a tea towel so that they don't dry out.
4. Divide the sheet in half so you have a square shape. Brush one piece with oil and place the other half on top of it. Brush with oil. Repeat with another sheet.
5. Fold the pastry in half so you have a triangle shape. Fold one side into the middle of the triangle and brush with oil so it sticks down. Fold the other side across so that you have a little pouch that you can open – a cone shape. Fill with the potato mixture and fold down the top. Brush the top with oil to stick it down then lightly brush the whole samosa with oil.
6. Bake for 15-20 minutes until golden brown.

Notes

*Sheets of filo pastry come in different sizes. The ones I use are quite large but you may need to amend the recipe to get the size you want.