



VEGETABLE SAMOSAS



INGREDIENTS

1 pack **filo pastry**

4 teaspoons vegetable oil

1 large onion – peeled and finely chopped

2 cloves garlic – peeled and chopped

1 teaspoon curry powder

8 small new potatoes – cooked and diced

300g frozen mixed vegetables - defrosted

EQUIPMENT

sharp knife, chopping board, teaspoon,

wooden spoon, large saucepan,

pastry brush, dessertspoon,

baking tray, tablespoon

MAKES: 12

PREP TIME: 20 minutes

ALLERGENS: cereals containing gluten

COOK TIME: 10-15 minutes

METHOD

- 1 Put the onion in a pan with 1 teaspoons of the oil and fry for 5-6 minutes. Add the garlic and curry powder and fry gently for a further 2-3 minutes. Alternatively, place the onions, garlic and spice into a large jug and cook in the microwave on HIGH for 3-4 minutes.
- 2 Once cooked, transfer the onion mixture to a mixing bowl. Add the cooked potato and the defrosted mixed vegetables and mix until combined.
- 3 Heat the oven to 200°C/Gas 6.
- 4 Cut or fold a filo pastry sheet into a rectangle 8 - 10cm wide. Brush with a little oil. Place a dessertspoon of vegetable mix at the end of the strip closest to you. Fold over in triangles, sealing the ends with oil.
- 5 Place on a baking sheet. Repeat Step 4 until all the pastry and filling are used up. Brush each samosa with oil and bake for 10 - 15 minutes until golden-brown.