

Ingredients

Filling

1 tbsp. vegetable oil
½ onion, diced
1 clove garlic, crushed
75g potato, finely diced
½ carrot, grated
50g frozen peas
1/2tsp ground cumin
½ tsp ground coriander
½ tsp ground ginger
1tsp curry powder

Pastry

220g plain flour
2tsp sea salt
2tbsp. Vegetable oil
100ml cold water



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Vegetable Samosas



1. Prepare the filling.
Place diced potatoes into a pan of water and boil for approx. 5 minutes until tender. Do not overcook. Drain well.



2. Heat the oil in a frying pan and add the onions, garlic and spices and fry over a medium heat until soft, approx. 10 minutes.



3. Add the grated carrot, peas and cooked potato and fry for a few minutes. Leave to cool.



4. Make the pastry
Put the flour and salt into a large bowl and mix with a palette knife. Make a well in the centre and add 2tbsp oil and 100ml water. Mix to form a dough.



5. Place the dough onto a lightly floured surface and knead for 5 to 10 minutes, until smooth.



6. Roll the dough out thinly, approx. 1cm thick. You will need to cut out 6 x 15cm circles, by cutting around an upturned plate.



7. Cut each circle in half, so you have 12 semi-circles.



8. Carefully score 3 triangle shapes into the pastry, making sure you don't cut through it.



9. Place a spoonful of filling into the middle triangle, taking care not to overfill.



10. Fold the left-hand triangle over the filling, then fold the right-hand triangle in, overlapping slightly. Wet the edges slightly with water & press to seal.



11.Heat a few inches of oil in a frying pan and shallow fry the Samosas, until golden brown. Carefully turn over after 3 to 4 minutes.



Equipment



Palette knife



Teaspoon & Tablespoon



Measuring jug



Mixing bowl



Frying slice



Frying pan