

Vegetable samosas

Makes 12



Vegetable samosas are traditionally deep fat fried. In this recipe, the triangle-shaped parcels are baked in the oven.

Ingredients (allergens in bold)

- 1 pack **filo pastry**
- 1 onion – peeled and finely chopped
- 1 level tablespoon curry paste of your choice
- 1 green chilli – finely chopped (optional)
- 2 tablespoons vegetable oil
- 1 medium-sized potato – diced and part- boiled
- 200g frozen mixed vegetables – defrosted
- 100g grated seasonal vegetables like courgette, butternut squash, pumpkin or swede

Method

1. Put the onion in a pan with 1 tablespoon of the oil, the curry paste and the chilli (if using). Fry gently for 5 - 6 minutes.
2. Add the part-cooked potato, the frozen and grated seasonal vegetables, with a little water if very dry, and cook slowly for 5-6 minutes. Cool the mixture before filling the pastry.
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 the filo up into triangles. Place the samosa on a baking sheet and brush lightly with oil.
5. Repeat until all the pastry and filling are used up. Bake for 15 - 20 minutes until golden-brown and crispy. The samosas are best eaten when freshly baked and the filo pastry is crispy.



Equipment

- sharp knife
- chopping board
- teaspoon
- grater
- wooden spoon
- saucepan with a lid
- pastry brush
- dessert spoon
- baking tray
- tablespoon

Recipe notes and tips

- Baked instead of deep-fried means there's less fat in these samosas.
- Take care when chopping fresh chillies – consider wearing latex gloves to avoid getting the burning sensation on fingers.
- Add seasonal ingredients like grated pumpkin / courgettes / swede to make the most of what's available.