



## BAKED VEGETABLE SAMOSAS



**SERVINGS:**  
12 SAMOSAS



**TIME:**  
1 HOUR



**DIFFICULTY:**  
MEDIUM



**COST:**  
££££

### Ingredients:

- 1 baking potato, peeled, diced
- 1 tbsp olive oil
- 6 sheets of filo pastry
- 2 shallots, finely chopped
- 1 clove of garlic, crushed
- 1 tsp each of ground cumin & coriander
- 1/2 tsp Garam Masala
- 55g frozen peas
- 1 can of chickpeas (tinned in water)
- 2 tbsp vegetable stock
- 1 tbsp tomato puree
- 1 tbsp chopped fresh coriander

### Method:

1. Put the diced potato in a small pan, cover with water and bring to the boil; simmer until tender. Drain well; set aside
2. Meanwhile, heat the olive oil in a non-stick saucepan. Add the shallots, garlic & chilli; cook over a medium heat for 5 minutes, stirring occasionally
3. Add the ground spices; cook gently for 1 minute, stirring. Add the potato and peas; cook for 1 minute
4. Remove the pan from heat and stir in the chickpeas, stock, tomato puree, chopped coriander and black pepper; lightly crush the potatoes as you stir, if desired. Set aside to cool



## BAKED VEGETABLE SAMOSAS

### Method:

5. Preheat your oven to 180c/fan 160c/gas mark 4.
6. Cut each filo pastry sheet in half length-ways, to make twelve
7. Fold the pastry into a triangle & brush the sides with a little milk to seal
8. Fill your triangle pockets with the filling
9. Continue to fold your pastry, maintaining a triangular shape
10. Repeat to make 12 samosas and bake for 20-25 min (180c/fan 160c) until crisp and deep golden brown
11. Serve and enjoy!

Please Note: If you are an early years setting limit pastry on your menu to once per week.

SCAN ME

