

VEGETABLE SAMOSAS



QUICK-ISH

Longer than usual as making each individual samosa is a bit fiddly

Approx. 30 mins

HEALTHY

With so many different spices & veggies you're getting a wide range of vitamins

FAMILY

You can use different veg to cater for different tastes in your family

MEALS

Great as a side dish or snack

INGREDIENTS

- 85g frozen peas
- 85g edamame or frozen peas
- 85g frozen sweetcorn
- 2 carrots (approx. 200g)
- 125g spinach
- 1 large onion (approx. 125g)
- 2 garlic cloves
- 1 tbs ground coriander
- 1 tbs garam masala
- 1 tbs ground cumin
- 1 veg stock cube made up with 100ml water
- 1/2 tsp salt
- 1 tbs oil
- 1 x 170g pack filo pastry
- 1 egg

METHOD

- 1) Turn the oven onto 180°C
- 2) Put oil into a large frying pan and heat till hot – turn heat down to low
- 3) Add the spices
- 4) Dice the onion and add to the spices.
- 5) Crush and add the garlic
- 6) Peel and dice the carrot - add
- 7) Add the other vegetables & stock & sauté for a few mins
- 8) Taste – it may need a pinch of salt
- 9) Cut the filo sheets into approx. 10cm x25 cm strips
- 10) Lay 4 strips out vertically, fold the bottom to make a triangle (as a guide) then open back out.
- 11) Fill the top right 'triangle' with mix. Fold the corner up to seal the triangle. Then lift the whole triangle up and over to seal the bottom. Egg the left side and top. Fold again then fold over the top to seal. Best idea to watch the video on my website showing how to do it!
- 12) Brush with oil or the rest of the egg
- 13) Cook for 12-15 minutes or until golden brown. Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com