

# BEEF & PEA 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



## MEALS

Great as a starter or snack or main course

## INGREDIENTS

- 150g frozen peas
- 500g beef mince
- 1 carrot
- 100g fresh spinach
- 1 large onion (approx. 125g)
- 2 garlic cloves
- 1 tbs ground coriander
- 1 tbs garam masala
- 1 tbs ground cumin
- 2 beef stock cubes 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) Dice the onion
- 3) Heat oil in a large frying pan till hot – Turn heat down to medium and add the spices and onion – cook for 1 min
- 4) Add the beef mince and break up with a spatula
- 5) Mince and add the garlic and the frozen peas
- 6) Peel and dice the carrot - add
- 7) Add the spinach & stock & stir till spinach is wilted
- 8) Taste – it may need a pinch of salt
- 9) Cool if possible
- 10) Cut the filo sheets into 10cm x25 cm strips
- 11) Lay 4 strips out vertically, fold the bottom to make a triangle (as a guide) then open back out.
- 12) Fill the bottom right triangle with mix. Fold the corner up to seal the triangle. Then lift the whole triangle up and over to seal the bottom. Fold again. Egg the top flap then fold over the top to seal. Best idea to watch the video on my website showing how to do it!
- 13) Brush with oil or the rest of the egg. Sprinkle with sesame seeds
- 14) Cook for 15-20 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](http://www.quickhealthyfamilymeals.com)