



Easy Samosas

Ingredients

- 4 tablespoons Maggi Tamarind Sauce
- 600 g potatoes, peeled
- 60 g frozen peas
- 0.5 teaspoon Mustard Seed
- 1 teaspoon Root Ginger
- 1 small Red onion
- 1 teaspoon ground cumin
- 0.5 teaspoon Garam Masala
- 0.25 teaspoon chilli flakes
- 250 g filo pastry
- 5 tablespoons melted butter
- 1 teaspoon white or black sesame seeds
- 10 g fresh coriander leaves, finely chopped
- 1 teaspoon Salt

Instructions

1. Cut the potatoes into a 1cm cube. Cook the potatoes in boiling, salted water for 5 minutes then drain. Add the frozen peas to the drained potatoes (they should defrost in the residual heat).
2. Put a little oil in a pan and fry the mustard seeds for 1 minute - they should start to pop! Add the ginger and onion and continue to cook for 2-3 minutes until the onion has softened.
3. Put the cooked onion mixture into a bowl with the potatoes and peas and add the remaining spices and chopped coriander. Season with salt and mix well.
4. Unroll the pastry and cover with cling film and a damp tea towel. Peel off one piece and keep the rest covered so that it doesn't dry out. Lay the pastry sheet flat on a clean surface and brush with melted butter. Fold in one third of the pastry lengthways towards the middle. Brush again with the butter and fold in the other side to make a long triple-layered strip.
5. Place a heaped teaspoon of mixture at one end of the strip, leaving a 2cm/1in border. Take the right corner and fold diagonally to the left, enclosing the filling and making triangle. Fold again along the upper crease of the triangle. Keep folding in this way until you reach the end of the strip. Brush the outer surface with more butter. Place onto a baking sheet and cover while you make the rest of the samosas. Sprinkle over a few sesame seeds.
6. Bake for 30-35 minutes, or until golden and crisp, turning halfway through.
7. Eat the samosas whilst still warm, served with the Tamarind sauce on the side to dip!

Nutrition

62 Minutes

10 Makes 20

Carbohydrate	28.21 g
Energy	187.1 kcal
Fat	7.63 g
Fibre	2.46 g
Protein	3.69 g
of which: saturates	4 g
Sodium	432.98 mg
of which: sugars	3.65 g