



Vegetable Samosas

Serves 5

Ingredients:

- 1 onion, chopped
- 4 garlic cloves, minced
- 1tsp ginger
- 1tsp dried chillies (optional)
- 1tsp turmeric
- 1tsp cumin
- 2 large potatoes, finely chopped
- 2 carrots, finely chopped
- 1 cup frozen peas
- 1 pack filo pastry
- fresh coriander (optional)

Method:

1. Preheat the oven to 200°C
2. Heat oil in the pan
3. Add onion, garlic and ginger and fry until soft
4. Add chillies, turmeric and cumin and fry for a further minute
5. Stir in potatoes and carrots and add a little water
6. Cook until vegetables are soft
7. Season with salt and pepper
8. Stir in frozen peas
9. And fresh coriander if using
10. Cut filo pastry into a long rectangle
11. Place a spoonful of filling at one end and fold over to make a triangle
12. Brush with oil and bake in the oven for about 30 minutes, turning half way through the cooking time
13. Serve with home made dip of choice

