

Wholemeal Baked Samosa

MRC

Human
Nutrition
Research

Ingredients

For the filling:

100g Potatoes

100g Carrots

100g Peas

2 tbsp Rapeseed Oil

¼ tsp Cumin Seeds

1 Red Onion, chopped

2 Green Chillies, chopped

¼ tsp Ground Coriander

Pinch Garam Masala

Pinch of Salt

Small bunch of coriander leaves, chopped

For the pastry:

300g Wholemeal Flour (Chakki Atta)

10ml Rapeseed Oil

Small Pinch of Salt

Method

Preheat the oven to 180C/350F/Gas 4.

For the filling

- Boil Potatoes until tender. Drain and roughly mash. Set aside to cool.
- Boil the carrots & peas for a few minutes, drain and also set aside. Bring a third pan of
- Heat the oil in a pan, add the cumin seeds and once spitting, add the onion and chillies. Fry for 6-7 minutes, or until softened.
- Mix in the salt, coriander and garam masala, and stir-fry for a minute.
- Add carrots and peas and fry for 1-2 minutes.
- Add potato and coriander leaves, and stir well until all mixed well.

For the pastry

- Place flour, oil, salt and 6-7 tablespoons of water into a bowl.
- Knead into a stiff but pliable dough.
- Divide the dough into ping-pong ball sized pieces and, on a floured
- surface, roll into circles about 5in across
- Cut each circle in half .
- Fold the rounded side together to form a cone, using water to dampen the pastry to make a seal.
- Fill each cone with mix and seal with a little more water by folding the free edge over.
- Place the samosas on a baking tray and put in the centre of the oven for 25-30 minutes, turning halfway through cooking.