

# Vegetable samosas

Preparation time , less than 30 mins

Cooking time 15 mins

Makes 12

## Ingredients

For the pastry or buy a pack of filo pastry from your supermarket (which is preferable)

- 250g/9oz plain [flour](#)
- 1 tsp [salt](#)
- 2 tsp vegetable [oil](#)
- 1 free-range [egg](#), separated
- 75-150ml/3-5fl oz warm water



## For the filling

- 2 large [potatoes](#), peeled
- 2 large [carrots](#), finely chopped
- 2 tbsp vegetable [oil](#), plus extra for deep-frying
- 1 small [onion](#), finely chopped
- ½ tsp [turmeric](#)
- 2 tsp [garam masala](#)
- 1 tsp black [mustard](#) seeds
- 1 tsp [salt](#)
- ½ tsp freshly ground [black pepper](#)
- 4 [garlic](#) cloves, finely chopped
- 1 green [chilli](#), seeds removed, finely chopped
- 75g/3oz frozen [peas](#), defrosted
- 1 tsp [lemon](#) juice
- handful fresh [coriander](#) leaves

## Method

1. For the pastry, mix the flour and salt together in a bowl then pour in the oil and egg yolk and mix together until the mixture resembles breadcrumbs. Gradually stir in enough warm water to form a smooth dough (you may not need all the water). Roll the dough into a ball, wrap in cling film and chill in the fridge for least half an hour
2. For the filling, boil the potatoes in a saucepan of salted water for 15-20 minutes, or until just tender, then drain. When cool enough to handle cut into 0.5cm/¼in cubes and set aside. Boil the carrots in a saucepan of salted water for 10-12 minutes, or until tender, then drain. Set aside.
3. Heat the two tablespoons of vegetable oil in a large frying pan over a medium heat then add the onion, turmeric, garam masala, mustard seeds, salt and black pepper and fry for about 8 minutes until the onions are softened and translucent and the spices aromatic.
4. Stir in the garlic, chilli, curry leaves, potato and carrot and cook for a further ten minutes then stir in the peas and cook for 2-3 minutes until heated through. Season with the lemon juice, stir in the coriander leaves and set aside to cool.
5. To make the samosas, cut the dough into six even-sized pieces and roll into balls. Use a rolling pin to roll each ball into a thin circle, about 15cm/6in diameter. Cut each circle in half to form two semicircles. OR open packet and cut sheets into 3 lengthways.
6. Take a semicircle and fold into a cone, brushing the edges with the reserved egg white to seal. Fill the cone about half-full with the samosa filling then brush the top edges with egg white and press tightly to seal. Repeat with the remaining dough and filling. Or place a spoon full on one end and then fold up at a 90 degree angle and keep folding in so it makes the triangle shape
7. To cook the samosas, place in the oven with a little butter over them for 15 mins. OR Fry the samosas in small batches for 4-5 minutes, or until golden-brown and crisp (Do not leave unattended).. Remove from the oil with a slotted spoon and drain on kitchen paper. Serve.