



VEGETABLE SAMOSAS



INGREDIENTS

Pastry

- 85g coconut oil
- 180ml boiling water
- 350g plain flour, plus extra for dusting
- pinch of salt

Filling

- 350g sweet potato
- 2 large potatoes
- 1 tbsp olive oil
- 1 onion
- 2 tsp mustard seeds
- 2 tsp cumin seeds
- 1 tsp cardamom powder
- 1 tsp garam masala
- ½ tsp turmeric
- pinch of salt
- grind of pepper
- 1 cup peas

EQUIPMENT

- Measuring scales
- Measuring spoons
- Chopping boards
- Sharp knives
- Vegetable peeler
- Saucepans
- Large bowls
- Rolling pin
- Baking tray and paper

INSTRUCTIONS

To make the pastry:

1. Melt the oil into the water in a small saucepan.
2. Put the flour in a large bowl with the salt.
3. Add the oil and water mixture.
4. Stir until the dough forms a ball.
5. Knead the dough on a clean, dry, floured workbench for 2 minutes.
6. Wrap the dough in plastic wrap and store in the fridge.

To make the filling:

7. Peel and dice the potatoes and sweet potatoes into 2cm cubes.
8. Peel and finely dice the onion
9. Steam the potatoes and sweet potatoes until tender, then allow them to cool a little.
10. Heat 1 tbsp olive oil in a large saucepan on medium heat.
11. Add onion and cook until translucent.
12. Add mustard and cumin seeds and stir until fragrant.
13. Add the spices, salt, pepper, peas, potatoes, and stir to combine thoroughly.
14. Make sure the spices are evenly distributed and break up any lumps.

To make the samosas:

15. Divide the pastry dough into 16 balls.
16. Roll each dough piece out into a circle.
17. Place a spoonful of mixture into the centre of a pastry disc.
18. Fold it in half, pressing all the air out. It will be a half-moon shape. Press the edges together firmly.
19. Follow the same assembly process for each piece of dough.
20. Line the baking tray with baking paper, brush samosas with a little oil, then place them on the tray and bake for 15 minutes.