

National Curry Week Recipe of the Day - Vegetable Samosas

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Vegetable Samosas

Ingredients

400g potatoes

250g cauliflower

125g frozen peas

1 fresh onion

2 tsp Chef William Garlic Powder

1 tsp Chef William Ground Ginger

1/2 tsp Chef William Crushed Chillies

1 tsp Chef William Cumin Seeds

1/2 tsp Chef William Fennel Seeds

1 tsp Chef William Garam Masala

1 tsp Chef William Ground Coriander Seed

Juice of 1/2 lemon

1 tsp Chef William Coriander Leaf

2 tps Chef William black onion seeds

8-12 Filo Pastry Sheets, depending on size and quantity
required

Method

- 1.) Peel and chop the potatoes into small chunks and break the cauliflower into florets. Add the potatoes to a pan of boiling salted water and cook until tender. Add the cauliflower and cook until tender, then add the peas before draining.
- 2.) Add chopped onion, cumin seeds and oil to a large pan and saute, until the onions have softened. Stir in the garlic powder, ginger powder and crushed chilli and continue to fry for a few minutes. Grind the fennel seeds to a powder and add to the pan with the garam masala and ground coriander seeds. Stir well.
- 3.) Add the cooked veg into the onion and spice mix pan and crush gently with the back of your spoon to make a chunky vegetable mixture. Add the lemon juice and season to taste. Leave mixture to cool then add the dried coriander leaf.
- 4.) Preheat the oven to 180°C/350°F/gas 4. Lightly grease a large baking tray with oil. On a flour-dusted surface, roll out the filo pastry sheets. Cut out as many squares as you require, and place your filling in the middle of the square. Fold the dough in half to make a triangle, or in your desired samosa shape! Seal the dough edges with a little water.
- 5.) Place onto the baking tray, then repeat with the remaining ingredients. Brush the samosas with a little oil and sprinkle onion seeds on the top. Bake for 45 minutes or until golden.
- 6.) Serve straightaway with your favourite Friday night curry!

