

Vegetable Samosas

For the Samosa Dough

2 cups plain flour

3/4 teaspoon salt

1/4 cup sunflower oil (or ghee)

Mix everything together.

Add water gradually to make the mixture into a dough.

Cover and leave for 30 minutes.

For the filling

Prepare: 450g potatoes (washed and boiled - not too soft)

Heat 1 tbsp sunflower oil in a pan

Add 1/2 teaspoon cumin seeds, followed by 1 tbsp minced ginger and 1 chopped green chilli.

Soften for 1 minute.

Add 1/2 teaspoon each of:

red chilli powder - garam masala - cumin powder - salt

Saute for 30 seconds, then add 50g frozen peas.

Saute for 2 minutes.

Add the pre-cooked potatoes.

Mix over heat for 3 minutes.

Remove from heat, add a handful of chopped coriander leaves and a teaspoon of lemon juice.

Leave to cool.

Return to your dough and separate it into 5 balls.

Roll each ball into an oval shape, and cut each oval in half.

Fold each half into a "cone" shape and seal the edges with water.

Add some of your filling to each cone.

Seal the top of each cone with water.

Pinch to make sure they are properly sealed.

To cook, heat a pan of oil or use a deep-fryer, to a medium temperature.

As the crust starts to firm, increase the heat a little.

Gently fry until golden.

Delicious with mango chutney!

Recipe adapted from www.indianhealthyrecipes.com where you can find lots more great Indian food recipes.