



Serves: 4

Samosa with Mixed Vegetables

Ingredients

- Potatoes, boiled, cooled and peeled 450g
- Canola oil 2 tbsp*
- Cauliflower, broken into fairly chunky florets 100g
- Ginger, peeled and coarsely chopped 7.5cm
- Garlic, peeled and coarsely chopped 8 cloves
- Water 600ml
- Water, for brushing popiah skin 4 tbsp
- Black mustard seeds 1 tsp
- Cumin seeds 2 tsp
- Fennel seeds ¼ tsp
- Turmeric, ground ½ tsp
- Coriander, ground 2 tsp
- Salt 1½ tsp
- Tomatoes, finely chopped 450g
- Carrots, peeled and cut into 1cm thick rounds 2
- Peas, defrosted 150g*
- Popiah skin 16 sheets

*Choose products with the Healthier Choice Symbol.

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Use fresh herbs and spices instead of salt to add interesting and varied flavours to dishes.

Method

- Fry potatoes in a non-stick pan until golden-brown.
- Blend ginger and garlic with 4 tablespoons of water until it becomes a smooth paste.
- Heat pan and add black mustard seeds, cumin seeds and fennel seeds. Add salt and tomatoes. Cook until tomatoes are soft. Add 600ml of water and bring to boil. Simmer for about 7 minutes.
- Add carrots, peas, fried potatoes, cauliflowers and let mixture simmer. Add turmeric and coriander.
- Brush each edge of the popiah skin with a little water and form a cone-shape around your fingers, sealing the dampened edge.
- Fill with a tablespoon of the vegetable mixture and seal the cone. Brush the surface of samosas with a little oil.
- Bake in a pre-heated oven until golden brown.

Nutrition Information (Per Serving):

Energy 338kcal
Protein 10.2g
Total fat (g and % of total calories)
7.7g (26.2%)
Saturated fat 0.6g
Cholesterol 0mg
Carbohydrate 38.7g
Dietary Fiber 7.6g
Sodium 511mg