

VEGETABLE SAMOSAS

FOR 6 SAMOSAS

Equipment

Weighing scales
Teaspoon
Mixing bowl
Sharp knife
Chopping board
Wooden spoon
Pastry brush
Baking tray

Ingredients

½ red onion
½ green chilli
1 tsp fresh coriander
1 tsp fresh mint
1 potato, cooked and diced
1 tsp curry powder
15g peas, fresh or defrosted
Salt and pepper to taste
2 sheets filo pastry
Vegetable oil

Assemble all the ingredients and equipment you will need to make **VEGETABLE SAMOSAS**. Do you recognise all the ingredients and equipment? If not, ask an adult to explain them to you. Make sure you wash your hands and wear a clean apron.

METHOD

1. Preheat the oven to 200°C/Gas 6.
 2. Peel and chop the onion. Put in a mixing bowl.
 3. Deseed the chilli by slicing it lengthways and scraping out the seeds. Discard the seeds. Finely chop the chilli and add to the bowl. Do not touch your eyes when you prepare the chilli and make sure you wash your hands straight after.
 4. Chop the coriander and mint. Add to the bowl.
 5. Add the potato, curry powder and peas. Mix well.
 6. Season to taste with salt and pepper.
 7. Cut each sheet of filo pastry into 3 strips.
 8. Brush the edges of each pastry strip with vegetable oil.
 9. Place 1 dsp of the filling on to the bottom right corner of each strip of pastry. Fold the corner over so it meets the left side and forms a point. Continue to fold until you have a triangular samosa. Repeat with each strip of pastry until you have made 6 samosas. [Click here for a diagram to help...](#)
 10. Brush the top of each samosa with oil. Place on a baking tray and bake in the oven for 8-10 minutes.
- Everyone should help with the clearing up and tidying away. This part is just as important as the cooking and can be as much fun!
 - Never serve piping hot food straight from the oven or grill. Always allow it to cool slightly first.