

VEGETABLE SAMOSAS



Preparation : 30 min - **Resting :** - - **Cooking :** 40 min - **Equipment :** -

Ingredients : 6/8

- 2 carrots (200g) - 1 courgette (200 g) - 1 onion, quartered - ½ red pepper (75g), deseeded - 1 garlic clove, crushed - 3 tbsp olive oil - 1 tbsp Madras curry powder - ½ tsp chilli powder - salt, pepper - 8 g bunch coriander, washed - 10 sheets filo pastry - 200 ml cooking oil

1. Cut the vegetables in pieces. Place the onion in the metal bowl with the vegetables and garlic. Run the EXPERT programme, 30 seconds/speed 13.
2. Add the olive oil, curry, chilli powder, salt and pepper. Restart the EXPERT programme, 25 minutes/speed 1A/95 °C. When the vegetables are cooked, drain in a colander.
3. Cut the filo pastry sheets in 10 x 25cm strips. Brush the edges with water. Starting at the 10cm end, place a spoonful of vegetable filling and some chopped coriander in one corner of the strip about 3cm away from the edge and fold the other corner diagonally over to form a triangle; continue folding to end of the strip, to seal the filling in the samosa.
4. Heat the oil in a sauté pan until hot but not smoking. Cook 4 samosas at a time, for 2 minutes on each side, until golden. Or, bake in a (preheated) oven at 200 °C (gas mark 5/6) for 15 minutes.
- 5.



Cook Expert ■

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