



Curry-Spiced Samosas with Plum and Tomato Marmalade

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 teaspoons butter
- ☐ 0.5 cup carrots chopped
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon basil fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 1 garlic clove minced

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 teaspoon ground turmeric
- ☐ 0.5 teaspoon harissa
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 0.3 cup coconut milk light
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1.5 teaspoons olive oil
- ☐ 7 teaspoons vegetable oil; peanut oil preferred divided
- ☐ 2 tablespoons pinenuts
- ☐ 2 cups plum coarsely chopped (3)
- ☐ 2.5 teaspoons curry paste red
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots chopped
- ☐ 1 tablespoon sugar
- ☐ 1 thyme sprig
- ☐ 1 pound tomatoes quartered
- ☐ 2 inch vanilla pod
- ☐ 0.3 cup water hot
- ☐ 1 cup water
- ☐ 0.5 cup onion yellow thinly sliced
- ☐ 1 pound yukon gold potatoes peeled cut into 1/4-inch cubes (3 cups)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

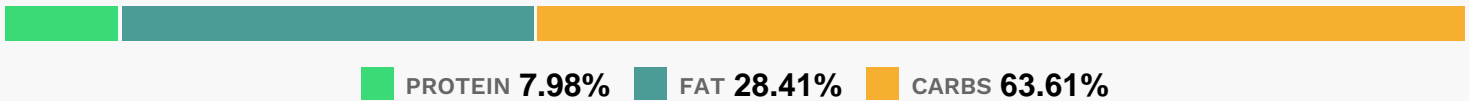
- ☐ knife
- ☐ measuring cup

Directions

- ☐ To prepare marmalade, place pine nuts in a saucepan over medium heat; cook 2 minutes or until fragrant and golden, stirring often.
- ☐ Add plum, shallots, olive oil, butter, tomatoes, and garlic; bring to a simmer, and cook 30 minutes, stirring often. Stir in sugar, harissa, thyme, and vanilla bean. Simmer 20 minutes or until thick.
- ☐ Remove from heat; cover and let stand 30 minutes. Discard thyme sprig and vanilla bean; stir in basil and 1/4 teaspoon salt.
- ☐ To prepare filling, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and potatoes to pan; saut 5 minutes or until onion is tender. Reduce heat to low.
- ☐ Add carrot, curry paste, and garlic to pan; cook 5 minutes, stirring occasionally.
- ☐ Add 1 cup water and coconut milk; bring to a simmer. Cook 15 minutes or until liquid almost evaporates and potatoes are tender. Stir in lime juice and 1/4 teaspoon salt.
- ☐ Transfer to a bowl; cool. Partially mash potato mixture with a fork.
- ☐ To prepare dough, combine turmeric, ginger, and cinnamon in a skillet over medium-high heat. Cook 30 seconds or until fragrant, stirring constantly.
- ☐ Transfer to a plate; cool.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place flour, toasted spices, 1/2 teaspoon salt, and baking soda in a food processor; pulse to combine.
- ☐ Combine 1/4 cup hot water, lemon juice, and 1 tablespoon peanut oil in a bowl.
- ☐ Add the hot water mixture through food chute with food processor on, and process until dough forms a ball.
- ☐ Place dough in a bowl coated with cooking spray, turning to coat top. Cover and let rest 15 minutes.
- ☐ Divide dough into 12 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), roll on a lightly floured surface to a 4-inch circle.

- ☐ Place 2 tablespoons filling in the center of each dough circle. Moisten edges of dough with water; fold dough over filling to make a half moon. Crimp edges with a fork to seal. Repeat with remaining 11 dough portions and filling to form 12 samosas.
- ☐ Heat 2 teaspoons peanut oil in a large skillet over medium-high heat.
- ☐ Add 6 samosas to pan; cook 3 minutes or until golden brown. Turn and cook 3 minutes or until golden brown.
- ☐ Transfer to a paper towellined plate. Repeat procedure with remaining 2 teaspoons peanut oil and remaining 6 samosas.
- ☐ Serve with Plum and Tomato Marmalade.

Nutrition Facts



Properties

Glycemic Index:53.7, Glycemic Load:16.04, Inflammation Score:-9, Nutrition Score:8.9721738885602%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 166.86kcal (8.34%), Fat: 5.4g (8.3%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 24.54g (8.92%), Sugar: 6.1g (6.78%), Cholesterol: 1.34mg (0.45%), Sodium: 189.78mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin A: 1488.63IU (29.77%), Vitamin C: 19.8mg (24%), Manganese: 0.46mg (22.81%), Vitamin B1: 0.19mg (12.79%), Folate: 46.86µg (11.71%), Fiber: 2.65g (10.61%), Potassium: 368.8mg (10.54%), Vitamin B6: 0.19mg (9.68%), Vitamin B3: 1.83mg (9.16%), Iron: 1.47mg (8.15%),

Selenium: 5.63µg (8.05%), Vitamin K: 7.61µg (7.24%), Copper: 0.14mg (6.96%), Phosphorus: 68.75mg (6.87%),
Vitamin B2: 0.12mg (6.82%), Magnesium: 25.67mg (6.42%), Vitamin E: 0.96mg (6.39%), Zinc: 0.48mg (3.18%),
Vitamin B5: 0.3mg (2.99%), Calcium: 22.03mg (2.2%)