



Feta & sweetcorn samosas

 Vegetarian

READY IN



50 min.

SERVINGS



14

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 350 g regular corn frozen
- ☐ 5 tbsp vegetable oil
- ☐ 2 tsp cumin seeds
- ☐ 1 large onion diced red finely
- ☐ 2 tsp garam masala
- ☐ 1 juice of lime
- ☐ 200 g feta cheese
- ☐ 7 sheets dough

☐ 2 tsp cornstarch

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ wok

Directions

- ☐ Cook the sweetcorn in a pan of boiling water for about 3 mins.
- ☐ Drain and set aside.
- ☐ Heat 2 tbsp of the oil in a wok or large pan. Toss in the cumin seeds and cook, shaking, for about 30 secs until they take on a nutty aroma.
- ☐ Add the onion and cook until softened. Stir in the corn, garam masala, lime juice and feta, and cook for 1 min until any liquid evaporates. Leave to cool.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Lay out a sheet of filo and cut in half lengthways.
- ☐ Brush with some of the remaining oil, then spoon 2 tbsp of sweetcorn mixture on top of each half. Fold each over into a triangle. Repeat with the remaining filo sheets, oil (reserving about 1 tbsp) and mixture.
- ☐ Put the cornflour in a small bowl and add enough water to make a thin paste.
- ☐ Brush the paste over the triangle edges so the seals are secure. The samosas can be frozen at this point.
- ☐ Put them on a tray lined with cling film and freeze until firm before bagging and sealing.
- ☐ Put the samosas on a baking tray. To cook straight away, brush tops with reserved oil.
- ☐ Bake for 15 mins until golden and crisp.

Nutrition Facts



 **PROTEIN 10.38%**  **FAT 55.84%**  **CARBS 33.78%**

Properties

Glycemic Index:10.89, Glycemic Load:4.72, Inflammation Score:-2, Nutrition Score:4.6039130376733%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 140.23kcal (7.01%), Fat: 8.99g (13.82%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.22g (4.08%), Sugar: 1.53g (1.7%), Cholesterol: 12.71mg (4.24%), Sodium: 210.08mg (9.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin B2: 0.17mg (10.04%), Vitamin K: 9.59µg (9.13%), Phosphorus: 78.63mg (7.86%), Calcium: 77.13mg (7.71%), Vitamin B1: 0.1mg (6.85%), Selenium: 4.47µg (6.39%), Manganese: 0.11mg (5.58%), Vitamin B6: 0.11mg (5.49%), Folate: 20.42µg (5.1%), Vitamin B3: 0.98mg (4.88%), Zinc: 0.64mg (4.28%), Iron: 0.73mg (4.06%), Fiber: 1.01g (4.04%), Vitamin B12: 0.24µg (4.02%), Vitamin B5: 0.38mg (3.77%), Vitamin C: 2.62mg (3.18%), Magnesium: 12.7mg (3.18%), Vitamin E: 0.47mg (3.13%), Vitamin A: 131.07IU (2.62%), Potassium: 89.74mg (2.56%), Copper: 0.03mg (1.64%)