



## Potato and Lamb Samosas

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 cup peas frozen thawed
- ☐ 0.5 cup chicken broth low-sodium canned
- ☐ 1.5 teaspoons curry powder
- ☐ 0.1 teaspoon ground coriander
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.3 pound lamb shoulder lean cut into 1/2-inch dice
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 small onion finely chopped

- ☐ 15 ounce pie crust dough
- ☐ 1 medium potatoes all-purpose peeled cut into 1/4-inch dice
- ☐ 1 pinch salt and pepper

## Equipment

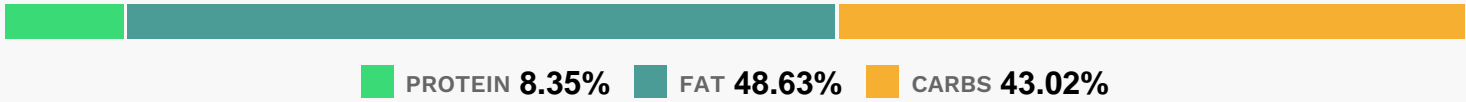
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon

## Directions

- ☐ In a medium skillet, heat tablespoon of the olive oil.
- ☐ Add the lamb and cook over moderately high heat until browned all over, 6 to 7 minutes. Using a slotted spoon, transfer the lamb to a plate.
- ☐ Add the onion to the skillet along with the remaining 1/2 tablespoon of oil and cook over moderately low heat, stirring, until softened, 3 to 4 minutes.
- ☐ Return the lamb to the skillet, add the potato and cook until sizzling.
- ☐ Add the curry powder, cumin, coriander and cayenne and cook over low heat, stirring constantly, just until slightly darkened, about 4 minutes.
- ☐ Add the broth and bring to a simmer, stirring, to scrape up any browned bits from the bottom. Cover the skillet and cook over low heat until the meat and potato are tender, about 30 minutes.
- ☐ Remove the lid and cook until the liquid is absorbed. Stir in the peas and season with salt.
- ☐ Transfer to a bowl and let cool completely.
- ☐ Preheat the oven to 40
- ☐ On a lightly floured surface, roll out the pie crusts, 1 at a time, to a bare 1/8-inch thickness and cut out a total of 40 rounds with a 2-inch round biscuit cutter. Lightly brush the rounds with water, top with a scant teaspoon of the filling and fold in half. Seal the edges with a fork.
- ☐ Transfer the samosas to a large baking sheet .

- ☐
- Bake the samosas for 35 to 40 minutes, or until the crust is golden.
- ☐
- Serve hot or at room temperature.

# Nutrition Facts



## Properties

Glycemic Index:4.13, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:1.3843478197637%

## Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 60.33kcal (3.02%), Fat: 3.26g (5.01%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 5.99g (2.18%), Sugar: 0.17g (0.19%), Cholesterol: 1.14mg (0.38%), Sodium: 47.06mg (2.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Manganese: 0.07mg (3.25%), Vitamin B1: 0.04mg (2.61%), Vitamin B3: 0.51mg (2.57%), Folate: 9.76µg (2.44%), Iron: 0.4mg (2.23%), Fiber: 0.49g (1.97%), Vitamin C: 1.55mg (1.88%), Phosphorus: 16.7mg (1.67%), Vitamin B2: 0.03mg (1.57%), Selenium: 1.07µg (1.52%), Vitamin B6: 0.03mg (1.43%), Potassium: 46.51mg (1.33%), Vitamin K: 1.39µg (1.33%), Zinc: 0.16mg (1.05%), Copper: 0.02mg (1.02%)