



## Potato and pea samosas



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



373 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 small onion chopped
- ☐ 2 garlic clove chopped
- ☐ 1 piece ginger fresh grated
- ☐ 2 to 2 chillies slit green deseeded finely chopped
- ☐ 4 tbsp cooking oil
- ☐ 3 large potatoes cut into small cubes
- ☐ 100 g green beans frozen finely sliced
- ☐ 1 small bunch cilantro leaves chopped

- ☐ 8 servings mango chutney
- ☐ 2 tbsp cooking oil
- ☐ 225 g flour plain

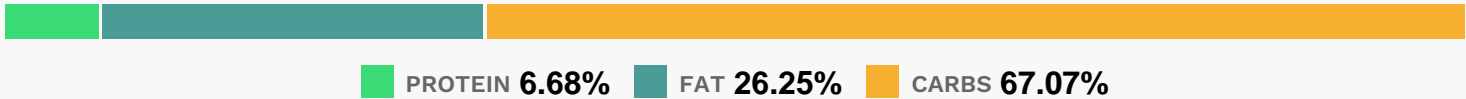
## Equipment

- ☐ baking sheet
- ☐ oven

## Directions

- ☐ To make the pastry, add the oil to the flour with 100ml warm water and mix to form a dough. Knead briefly and leave to rest for 30 mins.
- ☐ Fry the onions, garlic, ginger and chilli together in 2 tbsp oil for 1 min, then add the potatoes. Cook over a low heat, stirring often, until the potatoes are cooked through add a little water if they begin to stick.
- ☐ Add the peas or beans and cook until tender, then stir in the coriander, season well and leave to cool.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Divide the dough into 8 balls. One by one, roll each ball into a thin circle, then halve to make 2 semi-circles. Use your finger to brush a little water along the straight edges. Hold one and bring the 2 corners together and, using your hand as a cup, seal along the straight edge to form into cones.
- ☐ Fill the cones with the potato mix and pinch the tops closed, sealing again with water.
- ☐ Brush with remaining oil on all sides. Put on baking sheet and bake for 20 mins or until the pastry is crisp.
- ☐ Serve with mango chutney.

## Nutrition Facts



## Properties

Glycemic Index:45.47, Glycemic Load:41.38, Inflammation Score:-6, Nutrition Score:13.750869616218%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

## Nutrients (% of daily need)

Calories: 373.3kcal (18.67%), Fat: 10.97g (16.88%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 63.11g (21.04%), Net Carbohydrates: 58.02g (21.1%), Sugar: 12.41g (13.79%), Cholesterol: 0mg (0%), Sodium: 54.88mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Vitamin C: 33.74mg (40.89%), Manganese: 0.48mg (24%), Vitamin B6: 0.48mg (23.77%), Vitamin B1: 0.36mg (23.69%), Folate: 84µg (21%), Fiber: 5.09g (20.36%), Potassium: 691.83mg (19.77%), Vitamin K: 18.76µg (17.87%), Vitamin B3: 3.26mg (16.31%), Selenium: 10.63µg (15.19%), Iron: 2.68mg (14.91%), Vitamin E: 1.97mg (13.17%), Vitamin B2: 0.22mg (12.88%), Phosphorus: 124.8mg (12.48%), Copper: 0.23mg (11.59%), Magnesium: 44.51mg (11.13%), Vitamin B5: 0.6mg (5.98%), Zinc: 0.69mg (4.58%), Calcium: 35.64mg (3.56%), Vitamin A: 156.91IU (3.14%)