



Spiced Potato and Cauliflower Samosas with Two Chutneys

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon brown mustard seeds
- ☐ 2 teaspoons canola oil
- ☐ 0.8 cup cauliflower florets
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 2 teaspoons ginger fresh grated
- ☐ 2 cups mint leaves fresh packed

- ☐ 1 teaspoon garam masala
- ☐ 1 garlic clove minced
- ☐ 0.5 medium jalapeno seeded
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup onion finely chopped
- ☐ 3 tablespoons onion coarsely chopped
- ☐ 14 oz pie crust dough refrigerated for 2 crusts
- ☐ 1 cup baking potatoes peeled coarsely chopped
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 cup tamarind
- ☐ 0.8 teaspoon turmeric

Equipment

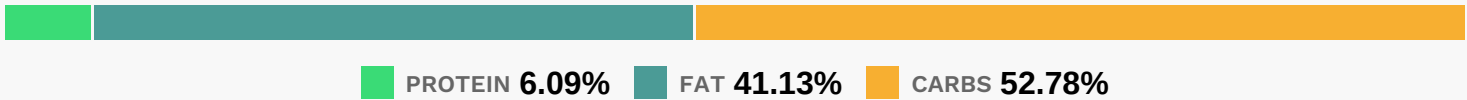
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Make samosas: Simmer potato and cauliflower in water to cover until just tender, 5 to 7 minutes.
- ☐ Drain and chop.
- ☐ Heat oil in a large frying pan over medium heat.
- ☐ Add mustard seeds, cover, and cook until they pop, 30 to 60 seconds. Stir in turmeric and cayenne and cook just until sizzling.
- ☐ Add onion, garlic, and ginger and cook, stirring often, until softened, about 3 minutes.

- ☐
- Remove pan from heat and stir in garam masala, salt, lemon juice, and potato mixture. Stir in cilantro.
- ☐
- Preheat oven to 42
- ☐
- Lay pastry flat on a work surface and cut each round into 8 pie-shaped wedges. Mound about 1 1/2 tbsp. potato filling on center of each wedge. To shape each samosa, brush edges of a pastry wedge with water, then pull up points to meet in center. Pinch points and edges to seal, neatening points.
- ☐
- Transfer samosas to a rimmed baking sheet.
- ☐
- Bake samosas until golden, 18 to 20 minutes. Meanwhile, make mint chutney: Whirl mint, chile, onion, sugar, salt, lemon juice, and 3 tbsp. water in a blender until smooth.
- ☐
- Pour into a small bowl. Spoon tamarind chutney into another bowl.
- ☐
- Serve samosas hot with chutneys.

Nutrition Facts



Properties

Glycemic Index:56.48, Glycemic Load:8.8, Inflammation Score:-9, Nutrition Score:8.6221739520197%

Flavonoids

Eriodictyol: 3.63mg, Eriodictyol: 3.63mg, Eriodictyol: 3.63mg, Eriodictyol: 3.63mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 306.22kcal (15.31%), Fat: 14.26g (21.94%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 37.46g (13.62%), Sugar: 7.01g (7.78%), Cholesterol: 0mg (0%), Sodium: 360.68mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Manganese: 0.44mg (21.94%), Vitamin C: 13.21mg (16.02%), Vitamin B1: 0.24mg (15.86%), Folate: 61.34µg (15.34%), Fiber: 3.72g (14.87%), Iron: 2.61mg (14.47%), Vitamin B3: 2.11mg (10.56%), Vitamin A: 525.71IU (10.51%), Potassium: 346.85mg (9.91%), Magnesium: 38.28mg (9.57%), Vitamin B2: 0.16mg (9.13%), Vitamin B6: 0.16mg (8.16%), Phosphorus: 81.07mg (8.11%), Vitamin K: 7.15µg (6.81%), Copper: 0.12mg (6.01%), Calcium: 57.03mg (5.7%), Selenium: 3.31µg (4.73%), Vitamin B5: 0.41mg (4.07%), Vitamin

E: 0.5mg (3.3%), Zinc: 0.49mg (3.24%)