



# *Samosa: Oil-free & Vegan*

SNACK OR LIGHT MEAL

This recipe makes 32 to 34 samosas

## Ingredients for Part 1: Filling

- Potatoes: 4 (large)
- Cauliflower: ½
- Frozen Peas: 1 cup
- Onion: ½
- Garlic: 4-5 cloves (minced)
- Ginger: 1.5 tsp (minced)
- Green chilli: 1 (remove seeds if you're sensitive to spice)
- Curry leaves: 10-12
- Fennel seeds: 2 tsp
- Cumin seeds: 1 tsp
- Turmeric: 1 tsp
- Coriander/cilantro powder: 2 tsp
- Garam masala: 1.5 tsp
- Fresh coriander/cilantro: 1 small bunch
- Lemon juice: 2 tsp
- Salt to taste
- Water - about a ¼-½ cup to deglaze the pan

## Ingredients for Part 2: Wrapping the samosa

- Rice paper - preferably brown rice paper (purchase pack that contains at least 40, as you may need to discard some that are broken)
- Cornflakes - 2 cups, fine crumb (texture is similar to fine breadcrumbs use a food processor for best results)

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### Method for Part 1: Filling

Chop your potatoes to 1-inch pieces (approx) boil in water until soft (hold their shape but can be mashed) Heat your non-stick pan, then add your cumin seeds and your fennel seeds. Dry roast until the seeds become brown. This is a key step as when the seeds are dry roasted they start to release their flavor.

Then add your curry leaves, onion and cook until soft. Add your garlic, ginger and chilli (if sensitive to spice remove the seeds), cook for a further few minutes. Add water to deglaze the pan. Then add your cauliflower, peas, coriander/cilantro powder, turmeric powder, garam masala, and mix. Add the lemon juice and 2-3 tablespoons of water, stir well and cook for about 15 minutes - stirring occasionally.

Add your cooked potatoes, stir to combine. Cover and cook for 5 minutes. Add salt to taste and mix. Crush the ingredients using a wooden spoon or potato masher. The filling should be mashed but still retain some bite/texture so not completely smooth. Allow the mix to cool completely before moving on to the next step.

### Method for Part 2: Wrapping the samosa

Submerge rice paper for 10 seconds in warm water. Then cut into 2 halves. Add 2 generous tablespoons of filling, shape into a triangle, leaving a ½ cm gap around the filling in order to seal the edges.

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In this process, you will be folding twice and then folding over the overhanging piece at the end which is about 1.5 cm (I recommend you see the recipe video for a demonstration of this process)

Fold over once then adjust the filling (press so it's dispersed more evenly, closer to corners, etc) then fold it over again this time applying more pressure at the bottom end of the samosa to seal it closed, then finally pull over the overhanging piece.

Press edges together to ensure that it's properly sealed. Generously coat in the cornflake crumbs.

Repeat this process for the remaining samosas. Preheat oven to 180 degrees Celsius/ 356 degrees Fahrenheit and cook for 25 minutes or until golden brown and crunchy.

The samosa pair well with our date and tamarind chutney, or serve with another chutney you enjoy.