

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Vegetable Samosa

Ingredients

Makes 8

2 spring onions, sliced thinly

100g cooked potato, chopped into small pieces

100g cooked carrot, chopped into small pieces

2 tbsp frozen peas

½ -1 tbsp korma curry paste

8 sheets of filo pastry

Vegetable oil for greasing

Method

Preheat the oven to 190°C/gas 5. Grease a baking sheet.

In a bowl mix together the spring onion, carrot, potato, peas and korma paste.

Lay a sheet of filo pastry lengthways on the work surface. Brush a little oil over the pastry, then fold it in half lengthways to make a long thin rectangle. Brush a little more oil on the top.

Place an 1/8 on the filling mixture at one end of each strip, leaving a 2cm/1" border. Take the right corner and fold diagonally to the left, enclosing the filling and forming a triangle. Fold again along the upper crease of the triangle. Keep folding in this way until you reach the end of the strip. Brush the outer surface with more oil. Place onto a baking sheet and cover whilst you make the other samosas.

Bake in the oven for 15-20 minutes or until golden-brown and crisp.

Approx per samosa

Kcal 49.5

Fat 8.1g

Carbs 9.25g

Protein 1.1g