



Samosas

20'
Hands on

30'
Cook Time

16-20
Portion(s)

2
Difficulty



Ingredients

- 700 g phyllo dough sheets
- 1 sweet potato
- 500 g ground pork
- 100 g peas, frozen
- 1 onion
- 1 clove(s) of garlic
- 1 carrot
- 1 chili pepper
- 1 teaspoon(s) coriander, seeds
- 1 teaspoon(s) cumin, seeds
- 1/2 teaspoon(s) turmeric
- 1/3 teaspoon(s) ginger, powder
- 1/2 teaspoon(s) paprika, sweet
- lemon zest, of 1 lemon
- lemon juice, of 1 lemon
- 3 tablespoon(s) olive oil
- salt
- pepper
- 1 teaspoon(s) granulated sugar
- 50 g white wine
- 100 g water
- 1 egg
- 2 tablespoon(s) parsley
- 50 g seed oil, for the frying
- 200 g cheddar, grated

To serve

- 300 g strained yogurt
- 1 teaspoon(s) curry
- 1 teaspoon(s) paprika, sweet

Method

- Place a **pot** over high heat.
- Peel the sweet potato and **cut** it into small cubes.
- Add 2 tablespoons of olive oil to the pot. Add the sweet potato.
- Coarsely chop the onion and add to the pot. Stir with a wooden spoon and allow the vegetables to caramelize.
- Peel the carrot and grate using the thick blades. Add to the pot.
- Thinly slice the garlic and the chili pepper and add them to the pot.
- Add all the spices and sauté so that they release their aroma.
- Add the ground pork and sauté for 3-4 minutes until it's cooked through.
- Deglaze with wine, add the water and let it simmer for 10 minutes.
- Add the lemon **zest** and juice, the peas, and the finely chopped parsley. Remove from heat.
- Add the cheddar, salt, and pepper. Stir until the cheese melts.
- Set it aside for 30 minutes so it can cool.
- Place a **pan** over medium to low heat.
- Spread a sheet of phyllo dough on your working surface and drizzle with 1 tablespoon of olive oil.
- Cover with the second sheet of phyllo and cut into three strips, starting from the smaller side.
- Place 2 strips, one over the other.
- Add 1 tablespoon of the filling on the edge and fold diagonally so that you create a triangular shape. Brush the edge with some eggwash so that it can stick together.
- Follow the same process until all of the phyllo sheets and the filling are done.
- Add sunflower oil to the hot pan and add the samosas.
- Cook for 2-3 minutes on each side until golden. Transfer to a plate lined with paper towels and allow to drain from excess oil.
- Serve with 2 different yogurt sauces. Add 2 tablespoons of yogurt to each bowl. Add curry to the first bowl and paprika to the second.
- Mix and serve with samosas and mint leaves.

Διατροφικός πίνακας

Nutrition information per portion

267 Calories (kcal)	14.0 Total Fat (g)	4.4 Saturated Fat (g)	23.0 Total Carbs (g)
13%	20%	22%	9%
2.8 Sugars (g)	11.0 Protein (g)	2.3 Fibre (g)	0.77 Sodium (g)
3%	22%	9%	13%