



PARVEEN'S INDIAN KITCHEN

VEGETABLE SAMOSAS WITH TAMARIND DIP



INGREDIENTS

- 650g potatoes, peeled and cut into 1cm cubes
- 2 tbsp vegetable oil
- 1 large onion, finely chopped
- 2 tsp ground cumin
- 2 green chillies, finely chopped
- 1 tsp chilli flakes
- 200g frozen peas, defrosted
- 1 tsp pomegranate powder (or 1 tsp lemon juice)
- ½ tsp salt (or to taste)
- 1 tbsp plain flour
- 1 pack (30 sheets) spring roll pastry sheets
- vegetable oil (for frying)

FOR THE TAMARIND DIP

- 200ml water
- 150g tamarind paste
- 1 tbsp jaggery or brown sugar
- ¼ tsp chilli flakes
- 1 tsp cumin
- pinch of salt

makes: 16-18

METHOD

1. Parboil the potatoes in salted water, then drain and set aside.
2. Heat 2 tbsp vegetable oil in a pan, add the onion then cook for 5 minutes or until softened. Add the cumin, green chillies and chilli flakes then season to taste. Cook for a further 2 minutes.
3. Add the potatoes, stir well then cook for 5 minutes. Add the peas and pomegranate powder then stir well. Season to taste then leave to cool.
4. Mix enough water to the flour to form a paste then set aside.
5. Cut the pastry into 3 equal strips, peel 2 sheets of the pastry from one of the strips (I use 2 sheets together for thickness), then fold over a third of the pastry into a triangle. Brush with flour paste, turn then fold over again to create a triangular pocket.
6. Fill the pocket with 2-3 tablespoons of filling, brush the top with flour paste then fold again to seal.
7. In a non-stick frying pan or wok, heat the oil to 180°C then deep-fry the samosas for 2-3 minutes or until golden brown. Drain onto kitchen paper then leave to cool before serving.
8. FOR THE TAMARIND DIP
Place all the ingredients into a small pan, bring to a simmer then cook gently for 2-3 minutes until sauce thickens a little.
9. Serve and enjoy.

Parveen
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