

Curried Vegetable Samosas

<p>Equipment: Chopping boards and knives Measuring cups and spoons Large frypan Wooden spoon Grater Lemon squeezer Zester</p>	<p>Ingredients: 1 tablespoon coconut oil 1 clove garlic, crushed 5 cm piece ginger, grated ½ cup korma curry paste 1 tsp ground cumin 1 tsp ground turmeric 1 vegetable stock cube 3 medium potatoes, finely diced 2 carrots finely diced 1 large zucchini, finely diced 1 sweet potato finely diced Large handful of coriander Large handful of chopped mint 1 cup frozen peas 8 squares of frozen puff pastry Vegetable oil <u>Yogurt dipping sauce</u> 500 g natural yoghurt Juice and zest of 2 lemons Handful of finely chopped mint ½ cucumber, finely diced Salt and pepper</p>
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What to do:

For the filling

1. Place the coconut oil, garlic, ginger, curry paste, and ground spices in a large saucepan and cook for 2-3 minutes until fragrant.
2. Add 2 cups of water and simmer for a few minutes, then add the stock cube.
3. Add the potatoes, carrots, zucchini, sweet potato and herbs. Cook until tender, then stir in the peas.
4. If the mixture is too liquid continue to simmer until it thickens (it will also thicken on cooling). Remove from the heat and allow to cool completely.
5. Preheat the oven to 220°C

To make the samosas

1. Cut each pastry sheet into four squares and place a heaped tablespoon of filling in the centre of each square. Gather up all corners and twist together.
2. Place the samosas on a baking tray lined with baking paper and brush lightly with oil. Bake in oven until browned, about 12 minutes.

Make the dipping sauce

1. While the samosas are baking combine all the dipping sauce ingredients in a bowl. Mix well. Serve with the warm samosas