



JERNEJ KITCHEN

EASY VEGETABLE SAMOSA

Samosa, easy vegetable appetizer or snack that's extremely rich in flavor. Dairy-free and Vegan, made in just one hour. Easy recipe with wrapping tips.

SERVES	6-8	PEOPLE (20 SAMOSAS)
PREPARATION	10	MINUTES
COOK:	45	MINUTES
FRY:	5	MINUTES
TOTAL TIME:	60	MINUTES

STUFFING

- 1/2 onion
- 2 cloves of garlic
- 1 tsp chopped fresh ginger
- 100 g cauliflower (3.5 oz)
- 100 g sweet potato (3.5 oz)
- 2 carrots
- 1 tbsp olive oil
- 1 handful of fresh coriander / cilantro
- spices (1 tsp ground turmeric, 1/4 tsp paprika powder, 1/4 tsp ground cumin, 1/4 chopped dried chili)
- 50 g frozen peas (1.8 oz)
- 40 g red lentils (1.4 oz)
- 40 g green lentils (1.4 oz)
- 250 ml water (1 cup + 1 tbsp)

PASTRY

- 90 g brick or warqa dough or thin filo dough
- 300 ml vegetable oil (for frying) (10 oz)

PREPARE THE VEGETABLES

Peel and dice onion, garlic and ginger. Cut the cauliflower on small cubes. Peel the sweet potato and carrots. Cut on small cubes.

COOK THE VEGETABLES

Place a skillet over medium-high heat. Add the olive oil, onion, garlic, and ginger. Cook for about 2 - 3 minutes, then add the cauliflower, sweet potato, and carrots. Cook for another 5 minutes over medium-high heat, stirring occasionally. Add the chopped coriander/cilantro (or parsley) and all the spices. Stir to combine and cook for 2 minutes or until the spices are nice and aromatic. Add the frozen peas, red lentils, and green lentils. Stir from time to time and cook for another 5 minutes. Pour 250 ml water to the skillet, cover with a lid and cook for about 30 minutes on low heat.

STUFFING

Before stuffing, make sure the vegetables are nice and soft. Remove from the heat and leave the stuffing to cool to room temperature. Cut 25 cm x 5 cm (10-inches x 2-inches) stripes from your brick or filo dough. The dough should be super thin. Wrap the stripe of dough as seen on the photos above. Add about one teaspoon of your stuffing and close tightly. Repeat until all the dough is used up.

FRY

Pour vegetable oil to a large heavy-bottomed pot. Heat the oil to 175°C / 350 °F. Working in three batches, add samosas to the oil making sure not to overcrowd the pot. Fry for about 2 - 3 minutes or until crispy and golden brown, turning them

TOOLS AND EQUIPEMENT

kitchen knife
cutting board
skillet with a lid
thermometer
pot

occasionally. Once fried, take them out on a plate lined with kitchen towels to absorb the excess oil.

SERVE

Serve the samosas immediately with sweet chili sauce, yogurt dip or mango chutney. Enjoy.