

VEGGIE SAMOSAS

These veggie samosas are quick and easy to make, tasty to eat and healthy too.

INGREDIENTS:

- 1 carrot
- 1 courgette
- 2 handfuls fresh spinach leaves
- 6 tablespoons tinned chickpeas
- 1 tablespoon mango chutney
- 1 teaspoon curry powder
- 3 **flour** tortillas, halved

FOR THE PASTE:

- 2 tablespoons plain **flour**
- 2 tablespoons water

EQUIPMENT:

- | | |
|--------------|----------------|
| Scissors | Chopping board |
| Baking tray | Tablespoon |
| Baking paper | Teaspoon |
| Large bowl | Small bowl |
| Grater | |

*Allergens highlighted in **bold**

Serves 6

Skills: grating, folding, measuring

Takes 25 minutes to make and 12 minutes to cook



2



Put the grated carrot and courgette into a large bowl. Tear the spinach leaves into small pieces and add to the bowl. Add the chickpeas to the bowl.

1



Turn the oven on to 180°C. Grate a carrot and a courgette. Hold the grater firmly at the top and push it down on to a solid surface, like a chopping board or worktop. Hold the food comfortably in your hand and keep your fingers away from the grater teeth, as they're sharp. Slide the food up and down over the teeth, without rushing. Stop grating when you get towards the end of the food.

3



Add the mango chutney and curry powder. Stir to mix everything together.

4



Mix together the flour and water to make a paste. This is what you will use to stick the tortilla together.

5



Take a tortilla half and fold over a third to make a triangle. Brush a little paste over the triangle using the back of a spoon or your finger.

6



Fold the other triangle over the top to make a cone and press hard to seal. Spoon the veg mixture into the cone until almost full. Leave a little room at the top.

7



Brush a little paste along the top of the cone and press hard to seal. Repeat with the rest of the tortilla halves and vegetable mixture.

8



Brush a little oil over a baking tray with your finger. Put the samosas on the oiled tray and turn them in the oil to coat.

9



Cook for 12 minutes until golden all over.



HEY PRESTO!



Recipes created by Cook School in collaboration with World Cancer Research Fund - [cookschool.club](https://www.cookschool.club)
World Cancer Research Fund is registered with the Charity Commission in England and Wales
(Registered Charity No. 1000739) © 2024 World Cancer Research Fund - [wcrf-uk.org](https://www.wcrf-uk.org)