

# Beetroot and Coconut Samosa

**Hari**  
GHOTRA



## Ingredients

### Filling

- 500g beetroot
- 2 tbsp rapeseed oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- ¼ tsp asafoetida
- 8 curry leaves, finely sliced
- 2 green chillies, finely sliced
- 8 tbsp grated fresh coconut
- 1 tsp salt or to taste

### Pastry

- 270g /1 pack of filo pastry (6 sheets cut in half lengthways)
- butter for brushing, melted

## Method

### Filling

- 01** Wash the beetroots, remove the leaves and boil, steam or pressure cook them until tender. Once cooled, peel and cut them into small cubes.
- 02** Heat 2 tbsp of oil and add the mustard seeds. Allow them to splutter then reduce the heat and add the cumin seeds.
- 03** As soon as they become aromatic add the sliced curry leaves and green chilli.
- 04** Stir together and cook for a minute before adding the asafoetida.
- 05** Stir in the grated coconut and sauté this with the spices. Coconut can stick to the bottom of the pan so keep it moving.
- 06** Once the coconut has toasted and dried out add the beetroot and cook for 2-3 minutes until the beetroot is dry. Check the seasoning and add salt if required, remove the pan from the heat and leave to cool.

### Making the samosa

- 01** Slice the filo pastry into long strips approx about 6cm wide by 30cm long.
- 02** Place a heaped teaspoon of the filling at one corner of the strip then fold the pastry over to cover the filling creating a triangle shape. Keep rolling and folding the strip to produce a triangle shaped pastry.
- 03** When you get to the end brush with some butter to seal it closed. Brush the outside with butter and place on an oven tray.
- 04** Continue with the remaining mixture and once all the samosas are made put them on a baking sheet and cook in the oven until crispy and warmed through (about 20 minutes). This should make about 12 samosas.



### More on this recipe

<http://www.harighotra.co.uk/beetroot-coconut-samosa-recipe>

**HariGhotra.co.uk**