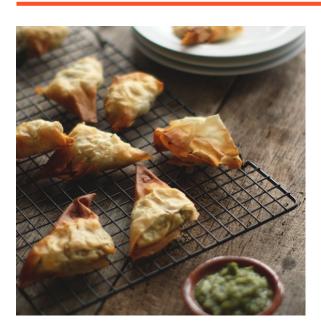
Beetroot and Coconut Samosa μ_n



Ingredients

Filling

- 500g beetroot
- 2 tbsp rapeseed oil
- 1/2 tsp mustard seeds
- 1/2 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.
- Of 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 zand add salt if required, remove the pan from the heat and leave to cool.

Making the samosa

- **01** Slice the filo pasrty into long strips appox about 6cm wide by 30cm long.
- **02** Place a heaped teaspoon of the fillinig 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.
- O4 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.