

Chickpea Samosa

20 minutes preparation

30-35 minutes to cook

Serves 4

INGREDIENTS

20ml cooking oil
50g onion – diced
240g can chickpeas – drained and rinsed
100g garden peas
10g curry powder
30g mango chutney
15 tomato puree
100ml water
3g fresh coriander – roughly chopped
1 packet readymade filo pastry
5 tsbp melted butter/margarine for brushing

METHOD

For the filling:

1. Add oil to a hot pan then fry onion and curry powder.
2. Pour in the chickpeas and garden peas, stirring gently. Then add tomato puree, mango chutney and water.
3. Simmer for 5 minutes and then add the chopped coriander and leave to cool.

To make:

1. Preheat the oven to 200C/400F/Gas 6.
2. Unroll the pastry and cover with cling film and a damp tea towel. Peel off one piece and keep the rest covered so that it doesn't dry out.
3. Lay the pastry sheet flat on a clean surface and brush with melted butter. Fold in one third of the pastry length ways towards the middle. Brush again with the butter and fold in the other side to make a long triple-layered strip.
4. Place one rounded teaspoon of the filling mixture at one end of the strip, leaving a 2 cm border. Take the right corner and fold diagonally to the left, enclosing the filling and forming a triangle. Fold again along the upper crease of the triangle. Keep folding in this way until you reach the end of the strip. Brush the outer surface with more butter.
5. Place onto a baking sheet and cover while you make the rest of the samosas.
6. Bake in the centre of the oven for 30-35 minutes, or until golden and crisp, turning halfway through the cooking time. Serve with mango chutney

