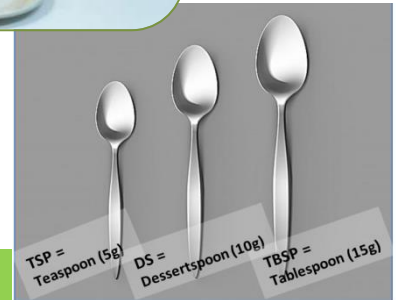


## Ingredients:

- 1 medium onion, finely chopped
- 1 spring onion (optional)
- 2 tsp. coriander
- 1 tsp. cumin
- 1 pinch of cayenne pepper
- 2 medium-sized potatoes, grated (peeled optional)
- 3 tbsp. frozen peas
- 3 tbsp. unsalted sweetcorn
- Filo pastry (thawed, if frozen)
- Black pepper to taste
- Milk (for brushing)



## Method:

Preheat the oven to 200° or gas mark 6

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Dice the onion and warm through in a large pan with a little water until soft (4 minutes).
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Add the coriander, cumin and cayenne. Cook for 2 minutes. *Take off heat.*
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Grate the potato. Then pat dry or squeeze to remove excess fluid.
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Add the potato, peas and sweetcorn to the saucepan, season with pepper and mix.
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Cut 1 piece of filo pastry in half and brush milk around the edge. Place a spoonful of the filling at the bottom right corner.
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Roll the bottom right corner over to the bottom left. Then flip the bottom left over to the right to form a triangle. Repeat until you reach the top of the pastry. Fold the end, and seal with milk.
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Brush with milk and place on a lightly greased baking tray.
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Bake for 20-25 minutes, or until golden brown.



**Half** a samosa is a portion for an under 4 year old.  
This samosa is low in fat and salt – perfect for packed lunches!

**Portion guide and serving suggestions:**

One whole samosa is an adult portion.

$\frac{1}{2}$  the samosa for an under 4 year old.



3-4 year old:

2 tablespoons of plain yogurt

2 tablespoons of chickpeas

2 child-sized handfuls of salad veg

1-2 year old:

1 tablespoon of plain yogurt

1 tablespoon of chickpeas

2 child-sized handfuls of salad veg

