

Crispy vegetable samosas with mango, chilli, yoghurt & coriander dipping sauce

Prepared by
Michelin Star chef **MARC FOSH**

SERVES 4-6

8 sheets of filo pastry
350g butter, melted
1 tbsp sesame seeds

To make the filling

2 cooked warm potatoes,
peeled & crushed
30g frozen peas, cooked
½ onion, finely chopped
1 tsp mustard seeds
½ tsp ground coriander
½ tsp ground cumin
½ tsp garam masala
A little fresh coriander,
chopped
Seasoning

To make the mango, chili, yoghurt & coriander dip

1 ripe mango, peeled & diced
1 red chili, deseeded & finely
chopped
250ml plain yoghurt
2 tbsp fresh coriander,
chopped
1 tbsp fresh mint, chopped
1 tbsp lime juice
Seasoning

An easy vegetable samosa recipe using filo pastry that makes a delicious, inexpensive simple lunch from a few basic ingredients. They freeze well too, so you can batch cook and have them when you need them.

1. Place the crushed potatoes in a bowl and add all the other ingredients. Mix well with a fork until all the ingredients are well combined and season with salt & pepper.
2. In a blender or food processor, combine the diced mango, chopped red chili, plain yogurt, chopped fresh coriander, mint, lime juice, and a pinch of salt.
3. 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. Lay the pastry sheet flat on a clean surface and brush with melted butter.
4. Fold in one third of the pastry lengthways towards the middle. Brush again with the butter and fold in the other side to make a long triple-layered strip.
5. Place one rounded teaspoon of the filling mixture at one end of the strip. Fold the corner of the filo pastry over the filling at a 45-degree angle to form a triangle.
6. Continue folding up in a triangle shape until you reach the end of the filo strip. Brush the outer surface with more butter.
7. Place onto a baking sheet and cover while you make the rest of the samosas. Sprinkle over a few sesame seeds, if using.
8. Bake the samosas in the preheated oven (180c) for about 15 minutes or until golden brown and crispy. You can also cook them gently in a frying pan with a little melted butter & olive oil.

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