

Waitrose Recipe

Waitrose  
*Autumn*  
HARVEST 2012

# Root vegetable samosas

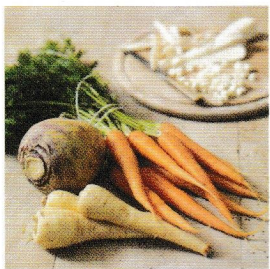
with mint raita



• Perfect for vegetarians • Quick to make and cook • 2 of your 5 a day



**Serves 4 (makes 12 samosas) prepare 15-20 mins | cook 15 mins**



1 large carrot, trimmed and thickly sliced

1 small swede, peeled and cubed

1 parsnip, trimmed and thickly sliced

100g essential Waitrose Garden Peas (frozen)

3 tbsp groundnut oil

1 small onion, thinly sliced

2 cloves garlic, crushed

1-2 tbsp medium curry powder

1 tsp cumin seeds

28g pack fresh coriander, chopped

270g pack Jus-Rol Filo Sheets

4 tbsp essential Waitrose Natural Yogurt

2 tbsp essential Waitrose Mint Sauce

- 1 Preheat the oven to 200°C, gas mark 6. Cook the root vegetables in a pan of boiling water for 10 minutes until just cooked through. Drain thoroughly and then cut into small cubes.
- 2 Cook the peas in boiling water for a minute and drain thoroughly. Heat half the oil in a frying pan and add the onion and garlic. Cook over a medium heat for 5 minutes until softened and starting to brown. Add the root vegetables and cook for a further couple of minutes until golden. Stir in the curry powder and cumin and cook for a further minute. Stir in the peas, coriander and seasoning.
- 3 Brush a sheet of filo with oil then fold in half. Cut in half across the diagonal to give two triangles. Place a large spoonful of the filling on one end of a triangle of pastry and fold over to cover the filling then keep folding until you have a triangular parcel. Pinch the edges together to seal. Repeat to make 12 samosas. Place on a dampened baking sheet and bake for 15 minutes until crisp and golden. Serve with the yogurt mixed with the mint sauce.



#### Cook's tip

For an alternative dip with a bit of a kick, mix sweet chilli sauce into the yogurt in place of the mint sauce.

#### And to drink...

A traditional, refreshing organic ale that's suitable for vegetarians: Duchy Originals from Waitrose Organic Golden Ale



**drinkaware.co.uk** for the facts

**Nutrition** 422kcal/11.3g protein/57.6g carbohydrate/16.7g sugars/16.3g fat/2.7g saturated fat/7.3g fibre/0.9g salt per serving



You can comment on this and thousands more recipes by visiting our website. Join the debate at [Waitrose.com](http://Waitrose.com).



Championing British  
The Waitrose way

October 2012

Some products are available only in larger branches. Subject to availability. Excludes Little Waitrose and concessions. Waitrose Limited, Bracknell, Berkshire, RG12 8YA. Find great offers in branch and at [Waitrose.com](http://Waitrose.com).