



Paneer Samosas



Serves: 16

INGREDIENTS

For the pastry

200 g plain **flour**
½ tsp salt
½ tsp carom seeds (optional)
40 ml sunflower oil
75 ml water

For the filling

1 tbsp sunflower oil
1 tsp black **mustard seeds**
1 onion, finely chopped
1 green chilli, finely chopped
1 tsp turmeric powder
1 tsp garam masala
¼ tsp chilli powder
¼ tsp salt
100 g frozen peas
200 g paneer grated
20 g fresh coriander leaves, finely chopped

Sunflower oil for deep-frying

ALLERGENES HIGHLIGHTED IN BOLD

PREPARATION

In a bowl mix the flour, salt, carom seeds and oil. Mix it with your fingers and rub the oil into the flour. Slowly add the water to it and bring the dough together. You might not need all the water so only add little at a time. Knead the dough for a minute, cover with cling film and leave it to rest for at least 15-20 minutes.

Meanwhile prepare the filling. Heat the oil in a pan and add the mustard seeds to it. Once they start to pop add the onion and green chillies and cook on medium to low heat for 5 minutes until the onions have softened. To this add the spices and the frozen peas and cook for 2 minutes on high heat. Add the paneer and coriander and mix well. Leave it aside to cool slightly.

Shape the dough into a long cylinder and cut it into 8 equal portions. Roll out each portion into a roughly 12 cm circle. Cut the circle in half. Take one half in the palm of your hand and brush some water on the straight line of the half circle. Shape it into a cone by sticking the straight line together. Put 1 heaped tbsp of the paneer filling into the cone and brush water on the open end, then press together to seal. Repeat the same with all the 16 samosas.

Heat the oil in a pan, fry 2-3 samosas at a time until golden and crispy. Serve with a chutney.