

# Phyllo-Wrapped Vegetable Samosas

Prep 45M | Cook 25M | Enjoy in 1H 30M

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When you think samosa, you probably think of Indian food, but these savoury pastries actually originated in the Middle East and central Asia. Regardless of where they are from, they are delicious! These flavorful phyllo-wrapped samosas are great as an appetizer or snack. Try them with mango chutney on the side. This recipe is part of our August meal plan.

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## INGREDIENTS

- 2 cups russet potatoes, peeled, cubed
  - 2 tbsp canola oil
  - 2 tsp curry powder
  - 1 tsp garam masala
  - ¼ tsp chili flakes
  - ¼ tsp cumin
  - 1 cup onion, finely chopped
  - 1 clove garlic, minced
  - 2 tsp ginger, fresh, minced
  - ½ cup frozen peas, thawed
  - ¼ cup cilantro, fresh, chopped
  - 2 tsp fresh lime juice
  - 8 sheets phyllo pastry
  - ½ cup butter, melted
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## DIRECTIONS

1. Cook potatoes in boiling salted water until tender, about 8-10 minutes.
2. Meanwhile, heat oil in a medium frying pan over medium heat. Add curry powder, garam masala, chili flakes and cumin and cook until fragrant, about 1 minute. Reduce heat to low-medium and add onions, garlic and ginger. Cook, stirring, until onions are softened and lightly browned, about 7-8 minutes.
3. Drain potatoes and add to onion mixture in frying pan. Cook, stirring potatoes and mashing slightly, until browned, about 5 minutes.
4. Add peas, cilantro and lime juice. Stir to combine. Remove from heat and allow mixture to cool fully.
5. Preheat oven to 400°F.

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6. Brush one sheet of phyllo lightly with melted butter. Place a second sheet of phyllo over top. Brush second sheet of phyllo lightly with melted butter.
  7. Cut phyllo into 3 equal strips about 4-inches wide. Add about 3 tbsp of filling to bottom right hand corner of each strip, about ½ inch from edge. Fold bottom right-hand corner of phyllo over filling diagonally so bottom right-hand corner touches the left-hand edge and forms a triangle. Fold triangle upward. Continue folding in this way until filling is fully enclosed and triangular samosas are formed. Brush samosas lightly with melted butter. Repeat with remaining phyllo and filling.
  8. Transfer samosas to a parchment-paper lined baking sheet. Bake for approximately 10-15 minutes, flipping once, until golden brown.
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## NUTRITIONAL FACTS

Serves 6 (2 samosas per serving)

Nutritional analysis per serving (2 samosas per serving): 352 calories, 20 g fat, 6 g protein, 37 g carbohydrate (33 g available carbohydrate), 4 g fibre, 177 mg sodium