



Tuna & Spring Onion Samosa.



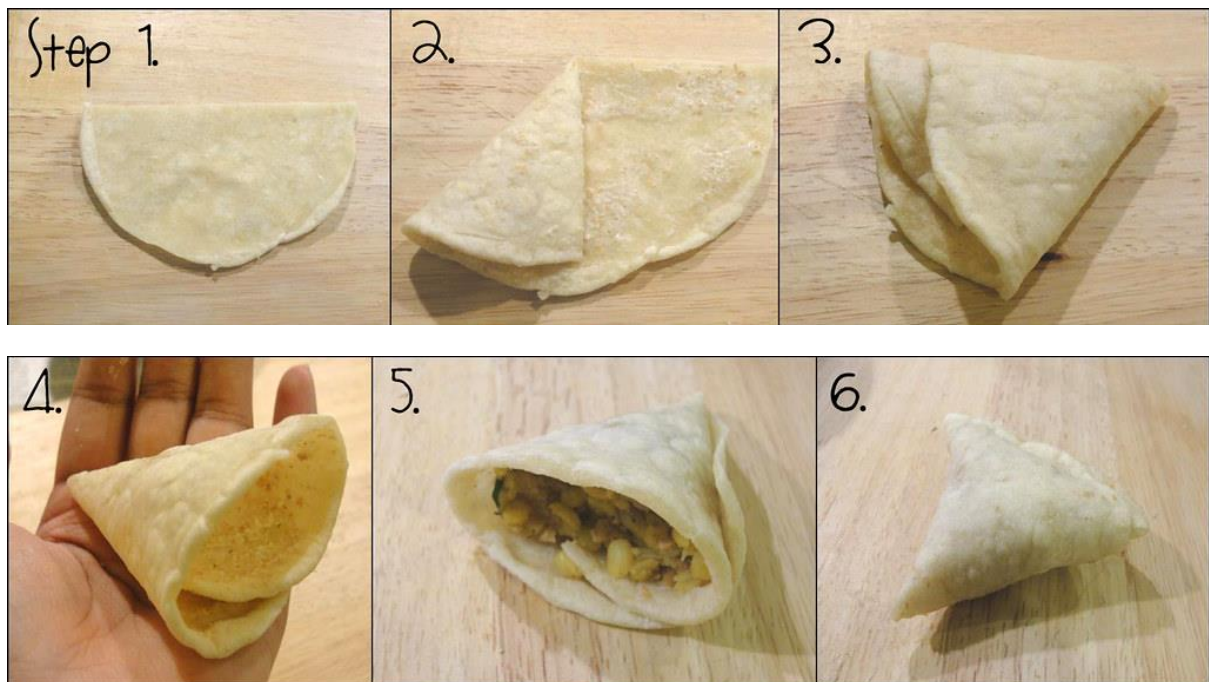
This recipe makes 8 individual samosa.

Ingredients

- 4 large floured tortilla
- 1 Finely chopped red onions
- 1 Finely chopped carrot
- 1 teaspoon of Garlic puree
- 1 tin Tuna fish in spring water
- 2/3 tsp curry powder.(any preferred blend)
- 2 Tbsp plain flour
- 3 spring onions, shredded.
- Fresh chopped coriander (optional)
- Vegetable oil

Method

1. Sweat off the chopped onion and carrots in a little oil until soft without colour.
2. Add the garlic puree followed by curry powder and cook for a further 5 minutes.
3. Remove the mix from the heat and allow to cool.
4. Take the flour and mix with a little water making a smooth paste.
5. Drain the tuna fish well and stir into the onion and carrot mixture
6. Stir in the shredded spring onion and the coriander.
7. Season with salt and pepper as required.
8. Cut the floured tortilla in half (1).
9. Fold over 1 /3 of the tortilla and paste the back (2).
10. Fold the remaining 1/3 to create a cone (3 / 4) .
11. Fill your samosa and seal the top using the flour paste.
12. Spray with a little oil and bake in in the oven until light golden brown (170-180 oc)



Note :

Check out our video on You Tube to see how to make the samosa in real time.

You can use a number of filling just substitute the tuna for chicken, lamb, beef or a great vegetarian mixed bean and paneer option.

All these recipes have been put together for the children of Waulud Primary School.