

**GF Friendly**

## Beef Samosas meat and vegetable curry puffs

I borrowed this recipe from a Family Circle cooking magazine. The filling is relatively simple and, as it has to be cooled before spooning onto the pastry, it can be made in advance. Folding and sealing the individual pockets is a bit fiddly and, as you can see, some of mine opened up while cooking. It didn't alter the taste, though, or the enjoyment of eating them. Being finger food, Samosas are great for party snacks, or anytime really.

200g minced beef (or other if preferred)  
 ½ medium onion, finely chopped  
 1 medium tomato, finely chopped  
 1 medium potato, finely chopped  
 1 Tbsp fresh mint leaves, finely chopped  
 3 sheets frozen puff pastry  
 ½ tsp salt  
 ¼ cup water + extra for sealing the pastry  
 1 tsp minced ginger  
 1 dessert spoon Indian curry powder  
 1 lightly-beaten egg yolk  
 1 Tbsp light-tasting olive oil



In a suitable pan, warm the oil before adding the onion and ginger. Cook these on a medium heat until the onion is softening. Put in the meat and curry powder and break up the mince to reduce lumps while cooking and turning until the meat has browned. Now add the salt and tomato and cook covered for 5 minutes. Next the potato and water go in to be cooked for a further five minutes. Stir occasionally to prevent sticking. Allow this to cool before mixing in the chopped mint.

Line two baking sheets with baking paper and keep handy. Lay the 3 pastry sheets on a flat surface and allow to defrost. I used a 9cm round pastry cutter to press out 6 shapes on each pastry sheet. Size is a matter of choice, but too small and they will be harder to fill and seal. Put about 1½ teaspoons of mix on a round, leaving the edge clear. Moisten this with water and carefully fold over to form a semi-circular filled pocket. Lightly press the edge to seal, then crimp with the tines of a fork and transfer to the baking sheet. Once all are done, brush with the egg.

Bake for 10-15 minutes on 195°C fan-forced (210°C conventional) until golden brown.

Makes 18 Samosas.

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