



## Bread samosas

**Delicious hot or cold and with all the flavour of traditional samosas, this healthier alternative is sure to be a hit in your household.**



Time to prepare: 25 minutes



Time to cook: 20 minutes



Serves 5



Suitable for vegetarians

### Ingredients

- 1 large potato, peeled and chopped into small cubes
- 1 large onion, diced finely

- 1 teaspoon crushed ginger
- 1 tablespoon mild curry powder
- 1 teaspoon cumin seeds (optional)
- 400 gram can chickpeas, rinsed and drained
- 1/2 cup frozen peas
- 1 tablespoon tomato paste
- 1/4 cup water
- 20 slices wholegrain bread
- 2 tablespoons vegetable oil

## Method

1. Pre-heat the oven to 180 degrees.
2. Heat a non-stick frying pan over a medium heat. Add potato and onion and cook for five minutes, stirring until onion is golden.
2. Add ginger, curry powder and cumin seeds (if using) and stir for a couple of minutes.
3. Add chickpeas, peas, tomato paste and water to the pan. Cook until potato is soft, stirring every now and then (this should take about 10 minutes).
4. Use a large round cookie cutter or glass to cut 10cm rounds from each slice of bread.
5. Place a large spoonful of potato mixture on half of each bread round.
6. Brush a little water around the edge of the bread, then fold in half to encase the filling. Press along the edges of the bread with a fork.
7. Place samosas on an oven tray and brush each one with a little oil.
8. Bake for 20 minutes or until golden brown.

Notes

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