

# RUNNER BEAN SAMOSAS

---

Makes 6 Samosas

## INGREDIENTS:

1 Small Floury Potato - Peeled and Halved  
60ml Vegetable Oil  
1 Small Onion - Diced  
4 Garlic Cloves - Minced  
1 Tbsp Mild Curry Powder  
200g Runner Beans - Topped, Tailed and Sliced  
6 Sheets Filo Pastry  
1 Tbsp Mango Chutney  
Handful Fresh Coriander - Roughly Chopped

## To Serve

Natural yoghurt mixed with chopped mint and lime

## DIRECTIONS

---

Put the potato into a small saucepan, cover with cold water and bring to the boil. Simmer for around 15 minutes until cooked, then mash and set aside.

## For the Samosa Filling:

Heat a frying pan over a medium heat with 2 tsp of the oil. Add the onion and fry for around 5 minutes until it starts to brown. Add the garlic, curry powder and the beans - fry for 2 minutes to soften them and then remove from the heat.

Stir in the chutney, mashed potato and coriander. Season to taste and then chill in the fridge for 15 minutes.

## Build the Samosas:

Heat the oven to 190°C/Fan 170°.

Lay one filo sheet on a clean work surface and brush with a thin layer of oil. Fold the pastry in half lengthways with the short edge

towards you. Cover the remaining pastry with a damp cloth so that it doesn't dry out.

Spoon 1/6 of the cooled filling at one end of the strip, leaving a 2cm border.

Take the right corner and fold diagonally to the left to enclose the filling and form a triangle. Fold again along the upper crease of the triangle. Keep folding like this until you reach the end of the strip. Place on a baking tray lined with parchment.

Repeat the process to use up the mix.

Brush all of the samosas with oil and bake in the oven for 20 minutes until golden brown.

Serve with the flavoured yoghurt and some mango chutney.