

Eat The View

Recipes and Tips

Runner/Green bean samosas

1 small floury potato, peeled, cooked and mashed
60ml vegetable oil
1 small onion, diced
4 garlic cloves, grated
1 tbsp mild curry powder
200g runner/green beans, topped, tailed and sliced
1 tbsp mango chutney
½ small pack of coriander, roughly chopped
6 sheets filo pastry

Heat a frying pan over medium heat with 2 tsp of the oil and fry the onion for about 5 mins until starting to brown. Add the garlic, curry powder and beans, fry for 2 mins until they start to soften, then remove from the heat. Stir in the chutney, mashed potato and coriander, add a little seasoning and chill in the fridge for 15 mins.

Heat oven to 190°C. Lay one filo sheet on a clean work surface. Brush the filo with a thin layer of oil, then fold in half lengthways with the short edge towards you. Keep the remaining pastry covered with a damp cloth so it doesn't dry out. Spoon a sixth of the cooled filling at one end of the strip and leave a 2 cm border. Take the right corner and fold diagonally to the left, enclosing the filling and forming a triangle. Fold again along the upper crease of the triangle. Keep folding in this way until you reach the end of the strip. Place on a baking tray lined with baking parchment. Make the other five.

Brush all the samosas with oil. Bake in the oven for 20 mins until deep golden brown.

Serve with yogurt and your favourite chutney.