

Rustic Indian Samosa Pie With Mint + Cilantro Chutney

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-samosa-pie-recipe>

Ingredients:

- 1/2 cup brown rice flour plus more for dusting
- 1/2 cup quinoa or amaranth flour
- 3/4 cup chickpea flour
- 1 teaspoon salt
- 1/4 cup olive oil
- 1 tablespoon olive oil
- 1 onion medium, medium-diced
- 5 cups vegetables chopped, mix of turnips, rutabagas or any others
- 1 cup frozen peas
- 2 cups vegetable broth
- 1 1/2 teaspoons apple cider vinegar
- 3/4 teaspoon ground coriander
- 1 1/2 teaspoons Garam Masala
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 3/16 teaspoon cayenne
- 1 inch ginger piece, minced
- 1 tablespoon arrowroot starch
- 1 bunch cilantro large
- 1 cup mint tightly packed
- 3 tablespoons fresh lemon juice
- 1/2 cup coconut yogurt plain
- 1/4 teaspoon salt

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 77 grams

3. Fat: 22 grams
 4. Fiber: 15 grams
 5. Protein: 17 grams
 6. SaturatedFat: 3 grams
 7. Sodium: 1650 milligrams
 8. Sugar: 6 grams
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