

Easy Indian Samosa

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 1 red onion finely diced
- 4 cloves garlic crushed
- 1 teaspoon minced ginger
- 1 potato medium, peeled and diced into 1 cm cubes
- 1 carrot peeled and diced into 1 cm cubes
- 2 cups pumpkin diced into 1 cm cubes
- 1 zucchini medium, diced into 1 cm cubes
- 1 1/2 teaspoons cumin ground
- 1 1/2 teaspoons coriander ground
- 1 1/2 teaspoons mustard seed brown
- 3/4 teaspoon garam masala
- 3/4 teaspoon tumeric
- 1/4 cup coconut milk
- 1/2 cup frozen peas
- 1/4 cup milk
- 4 sheets puff pastry

Nutrition:

1. Calories: 1520 calories
2. Carbohydrate: 140 grams
3. Fat: 98 grams
4. Fiber: 10 grams
5. Protein: 23 grams
6. SaturatedFat: 28 grams
7. Sodium: 670 milligrams
8. Sugar: 10 grams

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