

Baked Vegetable Samosa Handpies

Yield: 14 min
Total Time: 60 min

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

Ingredients:

- 1 1/2 cups all purpose flour
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1 tablespoon ajwain carom or caraway seeds
- 1/2 cup unsalted butter chilled and diced
- 1/4 cup ice cold water
- 2 russet potatoes peeled and diced
- 4 tablespoons unsalted butter or ghee
- 1 yellow onion diced
- 3 garlic cloves minced
- 2 teaspoons fresh ginger grated
- 2 1/2 teaspoons Garam Masala
- 1/2 teaspoon cumin whole
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon mango powder ground, if available, optional
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground coriander
- 2 green chilies chopped
- 1/4 cup fresh cilantro chopped
- 1 cup frozen peas thawed
- 1 egg for egg wash

Nutrition:

1. Calories: 180 calories

2. Carbohydrate: 20 grams
3. Cholesterol: 40 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 6 grams
8. Sodium: 190 milligrams
9. Sugar: 2 grams

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