

Spicy Bean Samosas



You only need a few tortilla wraps and a couple of tins of beans to make these delicious samosas. You can also get creative and make up your own filling combinations – we'd love to see your ideas!

SKILLS Dividing, measuring, mixing

MAKES 8

TAKES 35 minutes to make and 10-15 minutes to cook

INGREDIENTS

- 4 tortilla wraps, halved

For the filling:

- 2 tablespoons sunflower oil
- 400g tin mixed beans
- 400g tin kidney beans
- 1 teaspoon chilli powder
- 2 tablespoons sweet chilli sauce
- handful of fresh coriander leaves



For the paste (to seal the samosas):

- 2 tablespoon plain flour
- 2 tablespoon water

KIT baking sheet, baking paper, big bowl, table knife, chopping board, measuring spoons, dessert spoon

BEANS

Packed with protein and fibre, beans are in all our top dishes including bean chillies, stews, salads, stir-fries and quesadillas – we can't get enough of them! What's even better is that there are so many different varieties of bean to try, for example, haricot, kidney, white, borlotti, cannellini and flageolet. Which are your favourites?



METHOD

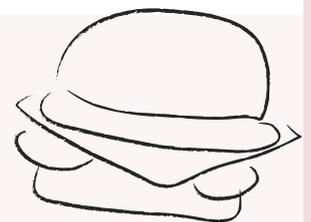
- 1 Turn the oven on to 200°C/400°F/gas mark 6 (or fan oven 180°C/350°F/gas mark 4). Using a piece of kitchen paper, rub a little oil over a baking tray.
- 2 Open the tins of beans, drain in a colander and rinse with cold water. Tip the beans into a big bowl. Using a pestle from a pestle and mortar, or the end of a rolling pin, bash the beans until they're about half mashed – it's good to have some whole beans.
- 3 Add the chilli powder and sweet chilli sauce. Using your fingers tear the coriander into small pieces and add to the bowl.
- 4 In a small bowl mix together 2 tablespoons of flour with 2 tablespoons of water to make a paste. Cut 3 tortilla wraps in half using scissors, keeping your fingers away from the blades.
- 5 Take one tortilla half, fold over a third of the wrap to make a triangle use a brush to brush some flour paste onto the edge to seal.
- 6 Fold the other third over the top to make a cone. Brush a little of the flour paste along the edge of the cone and press to seal.
- 7 Spoon a little of the filling inside the cone, then repeat with the other 7 cones until you have used up all of the mixture. Brush a little flour paste inside the opening and press together to seal. Add more paste to the other edges if you need to, and press with your fingers to seal.
- 8 Put the samosas on the oiled baking tray and turn over to coat the samosas in a little oil. Cook for 10-12 minutes. Remember to leave to cool slightly before you eat them as they will be very hot!



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Did you know?
The water used to make one beef burger could be used to make 15 veggie burgers!



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