



Vegetable Sambosa

Ingredients

- 1 Medium Onion
- 2 tbsp MAGGI Sambosa Seasoning®
- 100 g carrot
- 1 tbsp Sunflower oil
- 3 Mediums Potatoes
- 1 cup Green peas
- 2 tbsp Parsley, fresh
- 150 g Samboosa sheets

Instruction

1. Prepare filling by sautéing Onions and Carrots in a deep pan with Sunflower Oil until soft, add Potato, Peas and MAGGI Sambosa Seasoning and mix thoroughly. Remove from heat and mix in Parsley (optional).
2. Place a Sambosa Sheet on a clean flat work surface and place 1½ tbsp. (25g) of the vegetable filling on one end and fold samosa to a triangle. Repeat with remaining filling and pastry.
3. Fry sambosas in hot oil until golden, or alternatively brush with oil and bake in the oven for a healthier alternative.

Nutrition

Carbohydrates	39.29 g
Energy	218.65 kcal
Fats	4.37 g
Protein	6.15 g

20 Minutes

6 servings