



Cheat's Homemade Veggie Samosa Rolls

with Baby Plum Tomato Salad

Classic 30-35 Minutes • Mild Spice • 3 of your 5 a day • Veggie

41



Carrot



Onion



Chickpeas



Garlic Clove



Mature Cheddar Cheese



Korma Curry Paste



Mango Chutney



Filo Pastry Sheets



Baby Plum Tomatoes



Red Wine Vinegar



Baby Leaf Mix



Learn something new in the kitchen by making our Cheat's Homemade Veggie Samosa Rolls. Inspired by the popular south Asian pastries found in India and the Middle East, we make it easier with filo pastry.

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Grater, sieve, frying pan, garlic press, potato masher, baking tray, baking paper and bowl.

Ingredients

Ingredients	2P	3P	4P
Carrot**	2	3	4
Onion	1	2	2
Chickpeas	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	80g	120g	160g
Korma Curry Paste 9)	50g	75g	100g
Mango Chutney	40g	60g	80g
Filo Pastry Sheets** 11) 13)	4	6	8
Baby Plum Tomatoes	125g	190g	250g
Red Wine Vinegar 14)	12ml	24ml	24ml
Baby Leaf Mix**	50g	70g	100g
Pantry	2P	3P	4P
Water for the Veg*	100ml	150ml	200ml
Sugar*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	626g	100g
Energy (kJ/kcal)	3446/824	551/132
Fat (g)	37.5	6.0
Sat. Fat (g)	11.8	1.9
Carbohydrate (g)	89.1	14.2
Sugars (g)	30.5	4.9
Protein (g)	27.3	4.4
Salt (g)	4.49	0.72

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard 11) Soya 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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1 Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **carrots**, then coarsely grate (no need to peel).

Halve, peel and chop the **onion** into small pieces.

Drain and rinse the **chickpeas** in a sieve.



2 Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **carrot** and **onion** to the pan and stir-fry until softened, 6-8 mins. Season with **salt** and **pepper**.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese**.



3 Add the Flavour

Once the **veg** has softened, add the **chickpeas**, **garlic** and **korma curry paste** to the pan. Cook until fragrant, 1-2 mins.

Stir in the **water for the veg** (see pantry for amount). Bring to the boil and simmer until the **chickpeas** are tender, 2-3 mins. Season with **salt** and **pepper**.

Stir through the **mango chutney**, then remove from the heat.

Using a potato masher, roughly mash **half** the **chickpeas** in the pan until the **sauce** has thickened. Set aside and allow to cool slightly.



4 Roll Up, Roll Up

Unroll the **filo sheets** (2 per person) and fold each **sheet** in half widthways to create a rectangle.

Spoon the **mixture** onto one end of each rectangle, leaving a 2cm border around the bottom 3 edges. Evenly sprinkle the **cheese** over the **chickpea mixture**.

Neatly fold both lengthway sides over the **filling**, then tightly roll them up like a **burrito** to enclose the filling.

Transfer the **samosa rolls**, seam-side down, onto a lined baking tray. Brush with a little **oil**, then bake on the top shelf until golden brown, 10-15 mins.



5 Make your Salad

Meanwhile, halve the **baby plum tomatoes**.

In a medium bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Add the **tomatoes** to the **dressing** and toss to coat.



6 Serve Up

Just before serving, add the **baby leaves** to the **tomato** bowl. Toss to coat in the **dressing**. **TIP: Don't add the leaves too early or they'll go soggy.**

Share the **veggie samosa rolls** between your plates. Add a dollop of **mayo** (see pantry for amount) for dipping.

Serve the **tomato salad** alongside.

Enjoy!