

# Paneer and Vegetable Samosas

## Ingredients (makes 16)

### For the pastry

260g plain flour  
½ tsp salt  
1 tsp black sesame seeds (optional)  
4 tbsp sunflower oil  
100ml water

### For the filling

1 small sweet potato (roughly 150g)  
150g cauliflower, cut into florets  
1 tbsp sunflower oil  
½ small onion, peeled and diced

½ small carrot, peeled and diced  
1 green chilli, deseeded and diced  
1 garlic clove, peeled and finely diced  
¼ tsp ground cumin  
¼ tsp ground turmeric  
large pinch chilli flakes  
¼ tsp ground cinnamon  
¼ tsp garam masala  
60g peas  
small handful coriander, chopped  
seasoning  
20g butter, melted

- To make the pastry, place the flour and salt in a bowl with the black sesame seeds (if using), and mix together.
- Add the sunflower oil and rub into the flour with your fingertips. Add the water and bring the dough together. Knead on a floured work surface for 6-8 minutes, until smooth. Wrap in cling film and leave to rest in the fridge for 15 minutes.



- Meanwhile, cook the sweet potato and cauliflower in a pan of boiling water until tender. Drain and lightly mash with a fork.
- Heat the sunflower oil in a frying pan and fry the onion, carrot, chilli and garlic for 3-4 minutes before adding the spices and cooking for a further 2 minutes.

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# Paneer and Vegetable Samosas (...continued)

- Add the peas and cook for 2-3 minutes before finally adding the sweet potato and cauliflower mixture. Remove from the heat and stir in the chopped coriander and season to taste.
- Preheat the oven to 200°C (180°C fan, gas mark 5).
- Divide the pastry into 8 balls, keeping 7 under a damp cloth while you roll out the first one. Roll to a 17cm circle, using a plate or pan lid to cut around to this size. Cut the circle of pastry in half.
- Place 2-3 tsp of the mixture into the centre of the semi-circle of pastry, and then dampen the edges before folding to encase the filling into a samosa shape.
- Repeat with the remaining pastry and filling.
- Brush each samosa with melted butter and place on a baking tray. Bake for 18-20 minutes, until lightly golden.
- Delicious served hot or cold, with mango chutney.

You can find lots more delicious recipes online at [alzheimers.org.uk/bakefordementia](https://alzheimers.org.uk/bakefordementia)



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