Vegetable samosas with mint yogurt sauce

Raciones para 4

- ❏ 125 ml
  Natural yogurt
- ❏ 1
  Garlic clove
- ❏ 10-12
  Mint leaves
- ❏
  Ground black pepper
- ❏ 1 tablespoon
  Vegetable oil
- ❏ 1
  Onion, finely chopped
- ❏ 2
  Garlic cloves, crushed
- ❏ 150 g
  Potato, finely diced
- ❏ 100 g
  Carrot, finely diced
- ❏ 100 g
  Frozen peas
- ❏ 2 teaspoon
  Curry powder
- ❏ 100 ml
  Vegetable stock
- ❏ 12 sheets
  Phyllo
- ❏ 75 g
  Butter, melted
- ❏
  Sesame seeds
- ❏
  Salt
- ❏
  Ground black pepper

1. For the sauce, wash and finely chop the mint leaves. Peel the garlic clove and chop finely. Add mint and garlic to yoghurt and stir. Season with ground black pepper. Keep in the fridge until serving.

2. For the filling, heat the oil in a skillet, add the onion and garlic, mix with the curry powder and fry for 10 minutes until soft. Add the vegetables, season to taste and stir well until coated. Pour in the stock, cover and simmer for 30 minutes until cooked. Leave to cool completely before using.

3. Cover the phyllo sheets with a damp kitchen towel. Keeping the remaining phyllo covered and working quickly, place one sheet on the worktop. Gently brush with some butter, then lay a second sheet on top and brush with butter. Cut lengthwise into four strips.

4. Put a tablespoon of filling near the corner of one phyllo strip and fold it, with the shape of a triangle. Continue folding the strip, keeping the triangle shape. Put the samosa on a sheet of parchment paper, with the folded side down. Make three more triangles following the same instructions and repeat with the remaining phyllo sheets and filling.

5. Brush both sides of each samosa with melted butter, sprinkle with sesame seeds and bake at 180º C, turning the samosas over halfway through, until golden and crispy, about 20 minutes.

6. Cool a bit before serving with the mint yoghurt sauce.

Chef's Notes

https://cookinglovers.teka.com/en/receta/samosas-de-verduras-con-salsa-de-yogur-y-menta/