# Vegetable samosas and chickpeas

## Raciones para 4

- ❑ 100 g Onion
- ❑ 100 g Carrot
- ❑ 400 g Chickpeas
- ❑ 200 g Peas
- ❑ 50 g Cashews
- ❑ 30 g Spinach
- ❑ Turmeric
- ❑ Cumin
- ❑ Garlic powder
- ❑ Peppers
- ❑ Ginger
- ❑ Rice paper
- ❑ Yogurt sauce (Optional)

1. For the filling, saute the onion with a little bit of oil in the pan. Then add the chopped carrot and let it poche with the onion.
2. Then add the remaining ingredients and saute lightly. Finally, add spices to taste and stir to mix all the elements.
3. To make the samosas, first immerse the rice paper for 30 seconds in water. Then carefully remove it and spread it on a plate surface.
4. Put some stuffing on top and wrap it into a triangle.
5. Cook the samosas in a frying pan with a little oil to prevent sticking, 2 minutes on each side until golden brown.
6. Serve accompanied by a little yogurt sauce and ready.

# Chef's Notes

https://cookinglovers.teka.com/en/receta/samosas-de-verduras-y-garbanzos/