

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/>

