

Veggie Samosas

Equipment	Ingredients
Measuring cups and spoon	1 tablespoon vegetable oil
Chopping boards and knives	½ chopped onion
Can opener	3 cans garbanzo beans, drained
Skillet/ Frying Pan	2 tablespoons curry paste
Mixing spoon	½ cup apple juice
Oven tray	3 sheets frozen puff pastry, (thawed)
Rolling pin	¼ cup all-purpose flour for dusting

How TO MAKE IT:

- 1 Preheat oven to 175oC.
- 2 Heat oil in a large skillet over medium-high heat. Saute onion until browned, about 5 minutes. Reduce heat and add garbanzo beans. Mix curry paste with apple juice until smooth, then add to skillet. Simmer mixture 10 minutes, stirring occasionally and adding more apple juice or water as needed to keep mixture moist.
- 3 Cut each sheet of pastry into 3 equal-size rectangles, then cut each rectangle in half. (You will have 18 pieces total) Dust a clean, flat surface lightly with flour, and roll each piece of pastry until it is double in size. Dust pastry with flour as needed, to prevent it from sticking to rolling pin. Spoon an equal amount of filling into centre of each pastry square. Fold in half and press edges to seal. Place on non-stick baking sheets.
- 4 Bake in preheated oven for 25 minutes, until golden brown.

