




NATIONAL  
KIDNEY  
FOUNDATION  
MALAYSIA

# Samosa

5 servings



# INGREDIENTS

- 3 whole potatoes, double-boiled, cubed
  - 30g large onion
  - 1 stalk coriander Leaves
  - 1 green chilies
  - 3 cloves garlics
  - 1 tsp cumin powder
  - 1 tsp masala powder
  - 1 tsp chili powder
  - ½ tsp turmeric Powder
  - 3 tbsp lime juice
  - 2 tbsp corn oil
  - 1 tsp salt
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## Samosa Dough


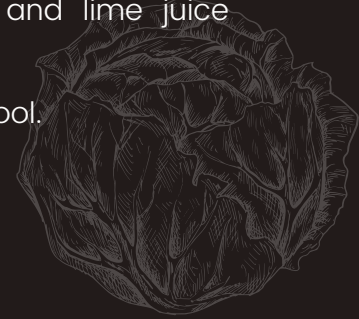
- 50g oil
- 150g all-purpose flour/plain flour, sifted
- ¼ cup water

# METHOD

## Dough:

- Mix the flour, oil and water together to make a soft dough (add water as needed).
- Knead the dough for about 1 to 2 minutes until the dough becomes smooth.
- Set the roll dough aside and cover it with plastic wrap and refrigerate for at least 30 minutes.

## Filling:

- Cut the cauliflower into small floret. Boil the cauliflower until soft. Sieve the cauliflower out and place them into food blender. Set aside.
  - Heat the oil in the wok over medium-high heat. Stir in onion, ginger and garlic until it becomes light golden brown.
  - Then add in green chili, chicken, all the spices powder, coriander leaves, mashed cauliflower and lime juice together. Stir for 3 minutes.
  - Add in some salt to taste the dish.
  - Then remove it from heat. Set aside to cool.
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### Assemble Samosa:

- Separate the dough into several small balls. Roll each small ball on lightly floured surface into a 6-inch circle.
- Cut each dough circle into half. Fold each half into cone shape. Spoon slightly less than 2 table spoons filling into the cone.
- Close the top of this cone into a triangle shape. Press edges together to seal completely.
- Heat about 1-1/2 inch of the oil in a frying pan on medium heat. Fry the samosa until lightly golden brown. Serve hot.

## NUTRITION FACT

Energy (kcal)	264
Protein (g)	5.1
Carbohydrate (g)	30.6
Fat (g)	5.7
Saturated Fat (g)	1.9
Fibre (g)	2.8
Sodium (mg)	407
Phosphorus (mg)	92
Potassium (mg)	307



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