



UCCOOK

Crispy Chicken Samosas

with a cucumber & julienne carrot salad

Golden, Indian-spiced chicken mince is used to fill crispy samosa wrappers, which are fried to crispy perfection. Sided with a zesty carrot & sultana salad, plus the all-important chutney for dunking.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Waterford Estate | Waterford Heatherleigh
Dessert Wine

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Ingredients & Prep

1	Red Onion <i>½ peeled & finely diced</i>
150g	Free-range Chicken Mince
10ml	NOMU Indian Rub
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
30ml	Low Fat Plain Yoghurt
7	Samosa Wrappers
75g	Julienne Carrots
100g	Cucumber <i>roughly diced</i>
10g	Golden Sultanas
1	Lemon <i>½ zested & cut into wedges</i>
50ml	Mrs Ball's Chutney

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. START THE SAMOSAS Place a pan over medium-high heat with a drizzle of oil. When hot, add $\frac{3}{4}$ of the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the mince and work quickly to break it up as it starts to cook. Caramelize for 4-6 minutes or until browned and there is no liquid remaining, shifting occasionally. In the final minute, add a knob of butter, the rub, and the grated garlic.

2. TASTY TRIANGLES When the mince is done, remove the pan from the heat. Add $\frac{1}{2}$ the chopped coriander, the yoghurt, and seasoning. Mix until combined. Ready a bowl of water. Place a heaped tablespoon of the mince filling into the center of each samosa wrapper. Use your finger to brush water on to the edges of the wrappers. Fold each wrapper into a triangle and tightly press the edges to seal the filling inside.

3. SWEET-SAVOURY SALAD In a salad bowl, combine the julienne carrot, the diced cucumber, the sultanas, the lemon zest, and the remaining onion (to taste). Just before serving, add the juice of 1 lemon wedge, a sweetener, a drizzle of olive oil, and seasoning.

4. GIVE IT A FRY Return the pan, wiped down, to a medium-high heat with enough oil to cover the base. When hot, add the filled samosas and fry for 1-2 minutes per side or until golden. Drain on paper towel.

5. A WRAPPED-UP TREAT Plate up the chicken mince samosas. Side with the loaded carrot salad and the chutney for dunking. Sprinkle over the remaining coriander. Serve with any remaining lemon wedges. Gorgeous work, Chef!

Nutritional Information

Per 100g

Energy	436kJ
Energy	104kcal
Protein	5.8g
Carbs	15g
of which sugars	8.1g
Fibre	1.5g
Fat	2.5g
of which saturated	0.7g
Sodium	169mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 1
Day