

SALMON AND BEETROOT SAMOSAS

Makes 9 | Prep: xx mins | Cook: xx mins



INGREDIENTS

For the samosas

1 tsp cumin seeds
 1 tbs olive oil
 ½ medium onion, finely chopped
 2 cloves garlic, minced
 1 tsp garam masala
 ½ tsp ginger paste
 3 cooked beetroots (vac-packed, shop-bought in water not vinegar), finely chopped
 200g poached or steamed salmon, broken into flakes
 leaves of 1 small bunch of coriander, roughly chopped
 juice of ½ lemon
 50g butter, melted
 6 sheets of filo pastry
 sunflower oil, for greasing

For the raita

¼ cucumber, grated
 80g Greek yoghurt
 squeeze of lemon

METHOD

Preheat oven to 180°C (fan 160°/gas mark 4).

Heat a non-stick frying pan over a medium heat and gently toast the cumin seeds until fragrant, remove from the pan.

Add the olive oil and sauté the onion and garlic for around 4–5 minutes or until soft and translucent. Add the garam masala, cumin seeds, ginger paste and chopped beetroot and cook for 2 minutes to meld together the flavours. Stir in the flaked salmon, chopped fresh coriander and lemon juice, then remove from the heat.

Lightly oil a tray lined with parchment.

Lay a sheet of filo pastry on a chopping board and brush lightly with the melted butter, top with another sheet of filo. Cut into three long equal strips around 10cm wide. Fold the pastry over to create a cone at one end and spoon in the filling, keep folding the pastry around the cone to create a triangle. Brush with melted butter to seal. Repeat the process with the remaining ingredients placing the samosas on the prepared tray.

(You can freeze the samosas at this stage, placing them in a single layer in the freezer. To cook from frozen brush with melted butter and cook in the oven for 25 minutes.)

Brush the samosas with the remaining butter and bake in the oven for 15 minutes or until golden brown and crisp.

To make the raita, squeeze the grated cucumber to remove excess water, mix with the remaining ingredients.



TIP

If you like you could sprinkle the samosas with nigella seeds before placing the samosas in the oven.

CREAMY CHICKEN, BROCCOLI AND MUSHROOM PASTA

Makes 4 portions | Prep: xx mins | Cook: xx mins

INGREDIENTS

1 tbsp butter
 1 tsp olive oil
 ½ onion, finely chopped
 120g chestnut mushrooms,
 very finely chopped
 1 garlic clove, minced
 1 skinless and boned chicken
 thigh, finely diced
 100g orzo pasta
 500ml low-sodium chicken stock
 (I used Kallo)
 100g tiny broccoli florets
 (discard the stems or keep them
 for stock)
 50g cream cheese
 juice of ½ lemon
 1 tbsp fresh tarragon, finely
 chopped

METHOD

Add the butter and oil to a non-stick frying pan set over a medium heat, add in the onion, mushrooms and garlic and sweat for around 8 minutes until the mushrooms have released some of their water and the onion is soft and translucent. Add the finely chopped chicken to the frying pan and cook until lightly browned and cooked through.

Add the orzo to the pan and stir to combine and coat in the oils. Pour in 400ml of the chicken stock and stir in the broccoli florets. Simmer away until the orzo is cooked through and very soft, adding a little more of the remaining stock if it gets too dry.

Stir through the cream cheese, lemon juice and tarragon.

