

SATURATED FAT MADE SIMPLE

SIMPLY eating healthier snacks can help reduce your saturated fat intake. Many snacks can be high in saturated fat, so pick up an apple, some dried fruit or another healthy option. Always check the label and choose food that is lower in saturated fat.

To find out how to make baked vegetable samosas see overleaf. Visit bhf.org.uk for lots more delicious, heart healthy recipes.



BAKED VEGETABLE SAMOSAS

Ingredients

1 baking potato (about 225g/8oz unprepared weight), peeled and diced
1½ teaspoons olive oil
2 shallots, finely chopped
1 small clove garlic, crushed
1 small fresh chilli, seeded and finely chopped
1 teaspoon each ground cumin and ground coriander
½ teaspoon garam masala, or to taste
55g/2oz frozen peas
55g/2oz canned chickpeas (drained weight), rinsed and drained
2 tablespoons vegetable stock
1 tablespoon tomato puree
1 tablespoon fresh coriander, chopped
Freshly ground black pepper, to taste
6 sheets filo pastry (defrosted if frozen), each about 30x18cm/12 x 7in in size
2 tablespoons sunflower oil, for brushing
Yellow mustard seeds (optional)

To make the samosas

1. Put diced potato in a small pan, cover with water and bring to the boil. Simmer until tender. Drain well and set aside.
2. Heat olive oil in a non-stick saucepan. Add shallots, garlic and chilli and cook over a medium heat for five minutes, stirring occasionally. Add ground spices and cook gently for one minute, stirring. Add potatoes and peas and cook for one minute.
3. Remove pan from heat. Stir in chickpeas, stock, tomato puree, coriander and black pepper (lightly crush potatoes as you stir if desired). Set aside to cool.
4. Preheat oven to 180°C/ fan 160°/gas mark 4). Cut each filo sheet in half lengthways to make twelve 30x90cm/12x3½in strips. Brush one strip with sunflower oil, place a spoonful of cool filling on bottom right of pastry strip and fold pastry over filling into a triangle. Fold pastry upwards four more times, maintaining a triangular shape, tuck in remaining narrow strip of pastry at end to create a samosa. Brush all over with a little sunflower oil. Repeat to make 12 samosas.
5. Place samosas on a non-stick baking sheet (sprinkle with yellow mustard seeds if desired). Bake for 20-25 minutes, or until crisp and golden. Serve immediately.

Serves 3-4

Nutritional information

	Energy	Fat	Saturated fat	Sugars	Salt
Per samosa	81kcal	3.8g	0.4g	1.0g	0.1g
Per 100g	-				
% of adult GDA	4%	5%	2%	1%	2%

✔ CUT THE SATURATED FAT in your samosas by:

- ✔ Using unsaturated oils like sunflower, rapeseed or olive instead of ghee or butter
- ✔ Baking the samosas rather than frying