

Smoked haddock samosas

Ingredients

3 spring onions
70g mixed frozen veg
150 g smoked haddock, cooked and flaked
1 x 10ml spoon mild curry powder
1 x 15ml spoon chopped coriander
½ lime
1 packet ready-made filo pastry
Oil



Equipment

Baking sheet with non-stick mat or greased, kitchen scissors, mixing bowl, weighing scales, measuring spoons, juicer, 2 mixing spoons, chopping board, pastry brush, fish slice.

Method

1. Preheat the oven to 200°C or gas mark 6. (Adult)
2. Snip the spring onions into the bowl.
3. Add the mixed vegetables, smoked haddock, curry powder and coriander.
4. Juice the lime and add to the other ingredients.
5. Stir the ingredients together.
6. Place a sheet of filo pastry on the chopping board.
7. Fold the pastry in half and brush with oil.
8. Place a 1 x15ml spoon of the mixture in the bottom left-hand corner.
9. Fold the bottom right-hand corner over the mixture to form a triangle.
10. Fold the bottom left corner up towards the top edge to create another triangle.
11. Repeat this process until all of the pastry has been folded and you have a triangular parcel.
12. Repeat the process with the remaining filo pastry and filling.
13. Place the samosas on the baking sheet and brush with a little oil.
14. Bake in the oven for 10-12 minutes or until golden-brown and crisp. (Adult)
15. Remove from the oven using the oven gloves. (Adult)
16. Serve.

Makes:

8-10 samosas

Suggestion: Swap the smoked haddock for prawns or canned crab meat.