



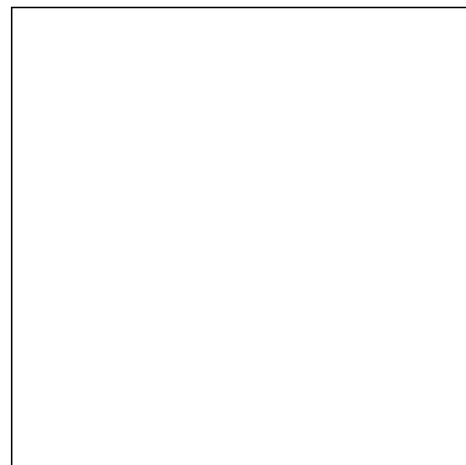
Recipe Name: Matar Samosa Recipe -Green Pea Samosa

Diet Type:

Course: Snack

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup All Purpose Flour (Maida)	4
• 2 tablespoons Ghee	
• 1/2 teaspoon Salt	
• Sunflower Oil - for deep frying	
• 2 tablespoons Ghee	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Green Chilli Sauce	
• 1/2 teaspoon Cinnamon Powder (Dalchini)	
• 1/2 teaspoon Garam masala powder	
• 1/4 teaspoon Red Chilli powder	
• 2 teaspoon Amchur (Dry Mango Powder)	
• 1-1/2 cups Green peas (Matar) - steamed and mashed	
• Salt - to taste	
• 2 teaspoon All Purpose Flour (Maida)	
• 1/4 cup Water	

Preparation

- To begin making the Matar Samosa Recipe first, mix together half a teaspoon of salt into the flour.
- Rub ghee or vegetable shortening into the flour mixture, with your fingers until it resembles loose bread crumbs.
- Gradually add water, slowly, and knead to.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	4	30	10	2	2