DietCloud – Recipe

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) • 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	4

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