

Recipe Name: Baked Cauliflower Samosa Recipe
Diet Type:
Course: Snack
Cuisine: Indian
Quantity:



Ingredients

Ingredient	Quantity
• 2 cup Whole Wheat Flour	6
• 1/4 cup Sunflower Oil	
• 1/2 teaspoon Baking soda	
• 1/2 teaspoon Salt	
• Water - as needed	
• 1 cup Cauliflower (gobi) - small florets	
• 1 cup Potato (Aloo) - diced and peeled	
• 2 tablespoons Raw Peanuts (Moongphali)	
• 1 tablespoon Ginger - grated	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Fennel seeds (Saunf)	
• 1 pinch Asafoetida (hing)	
• 1 Dry Red Chilli	
• 5 Green Chillies	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Sugar	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Kasuri Methi (Dried Fenugreek Leaves)	
• Salt - to taste	
• Sunflower Oil - to spray	

Preparation

- To begin making Baked Cauliflower Samosa Recipe, prepare all the ingredients and start with making the dough.
- In a bowl, add 2 cup atta (wheat flour), oil, salt and baking soda.
- Add water and make a medium tight dough, almost like chapathi dough.



- Cover it and rest it for 20 minutes.
- After seeds start crackling add blanched cauliflower and diced potato.
- Fry for about 2 minutes then add salt, sugar, turmeric powder, grated ginger and green chillies.
- Mix it properly then let it cook on low heat.
- Stir occasionally until vegetables are well cooked.
- Add kasuri methi and let it cool before proceeding to stuffing it.
- Making SamosasPreheat oven into 350 F(180 C).
- Divide dough into 6-7 balls.
- with a rolling pin roll each dough in a round shape to medium thickness then cut them in the middle.
- Now put 1 and 1/2 tsp of stuffing inside the samosa cone and seal the edges with brushing water on the edges.
- Cover them with kitchen towel otherwise it will dry out.
- In a baking tray, place a parchment paper and line up all samosas.
- Spray some cooking oil over them.
- Bake samosas for 40 -45 minutes or when it nice golden in color.
- Cooking time varies from oven to oven so after 30 minutes check them, when done, you can take them out and allow them to cool a bit before serving for snacks.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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