

# Lamb Samosa



- Preparation time: 40 minutes
- Cooking time: 30-40 minutes
- Recipe makes 1 portion

*Recipe provides approximately:*

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	17g	38%	
Protein	9g	9%	
Carbohydrate	8g	8%	
Energy (calories)	401kcal	100%	





# Lamb Samosa

Ingredients	Quantity	Your recipe
<b>Pastry</b>		
Ground almonds	12g	
Butter	10g	
MCTprocal™	32g	
Water	5g	
<b>Filling</b>		
Spray oil	1-2 sprays	
Lamb mince	12g	
Spring onion, finely chopped	3g	
Tomato, finely chopped	3g	
Green pepper, finely chopped	5g	
Mushrooms, finely chopped	5g	
Spinach, chopped	5g	
Curry powder, turmeric & ground coriander powder	A pinch of each	

## Method:

1. Preheat oven to 180°C/fan 160°C/gas mark 4.

## Filling:

2. Spray oil into a small frying pan over a low-medium heat. Add lamb, spring onions, tomatoes, pepper, mushrooms, spinach, all spices and herbs and lightly fry for 10 minutes until lamb is browned and cooked through.
3. The mixture should be dry, set aside to cool.

## Pastry:

4. Add ground almonds, butter and MCTprocal™ in to a bowl. Rub together with finger tips until a crumbly texture is achieved.
5. Add water and mix with a spatula to form a ball shaped pastry-like dough.
6. Using an A4 sized piece of greaseproof paper, set the ball in the centre of one half, fold the other half of the paper over the ball, flatten out and roll with a rolling pin to a create a circle shape with the dough, approximately 2mm thick.
7. Peel back greaseproof paper from pastry surface and add cooled filling to one half of the pastry circle, leaving some room at the edge. Moisten this edge with water and fold the pastry over the filling. Crimp the edge using your fingers.
8. Bake in the oven for 20-30 minutes until golden brown.



## Always check with your dietitian what is suitable for you

- Serve with dips e.g. mint or curried mayonnaise



MCTprocal is a food for special medical purposes and must be used under medical supervision