

Less than 30 minutes

Makes 15

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Ingredients:

- 2 tsp (10ml) canola oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 2 Tbsp (30ml) harissa paste (any chilli paste works well too)
- 1 can (400g) chickpeas, roughly mashed
- ½ packet (150g) Swiss chard, shredded
- 1 packet (500g) phyllo pastry, defrosted
- Low-fat or regular milk, for brushing
- Crushed cumin seeds, coriander seeds and sesame seeds

For serving:

- Handful fresh coriander
- Tomato and onion sambal (optional)

Method:

1. Heat oil in a pan and sauté onions for about 5 minutes or until golden.
2. Add garlic and fry for another minute.
3. Stir in harissa paste and cook slightly.
4. Toss in chickpeas and Swiss chard and stir until wilted.
5. Set aside to cool.
6. Unroll pastry and cover with a damp tea towel.
7. Cut pastry into 6-8cm strips.
8. Stack three strips on top of each other, brushing them lightly with milk to help them stick together.
9. Place a tablespoon of filling at the base of a pastry strip.
10. Starting from the bottom, diagonally fold over one corner of pastry to create a triangle.
11. Repeat folding in opposite directions until you have a samoosa.

12. Repeat with remaining pastry strips and filling.
13. Place on a baking tray, brush with milk and sprinkle lightly with seeds.
14. Bake for 15-18 minutes at 180°C or until golden.
15. Garnish with coriander and serve with sambal, if using.