



Plate SLIDER



Spinach Samosa

Spinach is rich in vitamins, magnesium, zinc, and other nutrients that aid in anti-aging. Also, cumin and ginger in curry powder have anti-glycation properties. Samosas are a staple of Indian cuisine, but they can be easily made with spring roll wrappers. Spicy and appetizing, the samosas are mellowed with cheese.



<How to cook>

- 1 Wash spinach and cut into 2 cm lengths.
- 2 Boil potatoes and mash roughly.
- 3 Mix steps 1 and 2, stir in mixed cheese and cumin, and season with salt and pepper.
- 4 Cut the spring roll wrappers lengthwise into 3 equal pieces.
- 5 Fold the wrapper into a triangle (cone shape) and fill it with the 3 ingredients. Then continue to fold it as a triangle and use cone starch dissolved in water as a glue to keep the wrapper closed.
- 6 Heat salad oil to 180°C and deep-fry the spring rolls until crispy on both sides.
- 7 Serve with a mixture of curry powder and salt.

<Ingredients> For 2 servings

30 g. spinach
1/2 potato
50 g mixed cheese
1/2 teaspoon cumin powder
Salt and pepper to taste
2 spring roll wrappers
A pinch of cone starch
A little water
2 caps of Salad oil
Curry powder to taste

