

# Vegetable Samosa Filling

1 Potato finely diced (5 to 10 mm cubes)  
1 carrot finely diced - as above  
2 cloves Garlic, crushed  
1 Onion finely chopped  
1 Cup frozen peas  
1 Tbs vegetable oil  
2 tsp curry powder or your own spices according to taste  
Salt, Pepper to taste.  
100ml vegetable stock.

Heat the oil in a frying pan, add the onion and garlic, mix in the spices and fry until soft. Add the vegetables, seasoning and stir well until coated. Add the stock, cover and simmer for 30 minutes until cooked.