

Prep 30 mins Cook 15 mins Yields 45 mini samosas

All for the Beef and Apple Samosas with Apple Chutney Dip



Shopping List



Beef pot roast Canola oil Apples Frozen peas and carrots Onions Curry powder Masala or curry paste Salt Wonton wrappers Ground ginger **Cider vinegar** Honey Cilantro

Ingredients

2 tbsp (25 mL) canola oil, divided 1 cup (250 mL) peeled and finely diced apples* 1 1/2 cups (375 mL) frozen peas and carrots 1 cup (250 mL) diced onion 1 tbsp (15 mL) curry powder 1 tbsp (15 mL) masala or curry paste 1/4 tsp (1 mL) salt 1 cup (250 mL) cooked & pulled beef pot roast 45 wonton wrappers Chutney: 2 cups (500 mL) peeled and diced apples* 1/2 cup (125 mL) diced onion Pinch each salt and ground ginger 3 tbsp (45 mL) cider vinegar 1 tbsp (15 mL) honey 1/4 cup (60 mL) chopped cilantro

Instructions

- 1. Samosa Filling: Preheat oven to 375°F (191°C). In a nonstick skillet heat 1 tsp (5 mL) canola oil over medium-high heat. Cook apples, peas, carrots and onions for 3 minutes. Stir in curry powder, masala paste, salt and beef and cook for 1 minute.
- 2. Place 1 tbsp (15 mL) of filling in the centre of each wonton wrapper. Moisten edges of wrapper with water. Fold in half to form triangles and press edges together to seal. Place on a parchment-lined baking sheet and brush with remaining canola oil. Bake for 10 minutes or until golden and crisp. Serve warm or pack in lunch with ice pack.
- 3. Chutney: In a medium-sized pot over medium-high heat stir together apples, onion, salt, ginger, cider vinegar and honey. Simmer for 5 minutes. Set aside to cool and stir in cilantro if desired.



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*Variety Tip: Use Ontario Ambrosia, Empire or Honeycrisp apples.

Serve samosas with apple chutney, pepper strips with dip, cheese cubes or plum.

Nutrition Facts	
Amount	
Calories	48
Protein	2 g
Fat	1 g
Carbohydrate	7 g
Fibre	1 g
Sugars	2 g
Added Sugar	0 g
Sodium	54 mg

notes

Recipe and image courtesy of Canada Beef https://thinkbeef.ca/wp-content/uploads/2017/10/Apple-and-Beef-Samosas.pdf