



All for the Beef

Prep 30 mins
Cook 15 mins
Yields 45 mini samosas

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 non-stick 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.

