

## Simplified Samosas + Sauce

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1/2 cup brown or green lentils

1 medium potato, peeled

1 Tbs coconut oil

1/2 cup cauliflower florets, chopped

1/2 onion, chopped

1 carrot, chopped

1 Tbs curry paste *or* 2 tsp curry powder

1-2 tsp garam masala

2 tsp chili flakes (if desired)

1-2 tsp salt, if using curry paste you may need less

8 egg-free egg roll wrappers\*

Cook lentils in 1 cup water until soft. Set aside.

Steam potato until soft. If using the microwave, about 4 minutes in a dish with water, covered. If using stovetop, steam 15-20 minutes on stovetop. Drain, mash, and set aside.

Add coconut oil, cauliflower, onion, and carrot to pan. Sauté until soft, about 5 minutes. Add spices and mix. Add lentils and sauté for an additional minute; remove from heat. Gently mix the mashed potatoes with veggies and lentils.

Place 2 Tbs filling in an egg roll wrapper and fold (see tutorial link below). Spray with oil, and bake at 400 degrees for 7-10 minutes, then flip and bake another 7-10 minutes. (If you have an air fryer, cook in air fryer 4 minutes on each side.)

How to wrap (also has a another recipe with a few more ingredients)

<http://eathealthyeathappy.com/spicy-lentil-samosas-vegetarian/>

\*Frieda's wrappers are egg-free and available at Wal-Mart and Lowe's Foods.

### Samosa sauce

1/2 cup cashews - pre-soak if you are not using a high speed blender

1 tsp chia seeds

1 TBS sriracha

1/8 tsp sesame oil

Combine all ingredients in a blender or food processor. Blend until smooth.