

# Potato and Cauliflower Samosa Patties

Source: <http://plantifulwellness.com/?ingredient=onion>

Adapted

YIELD: 6

"It's amazing how much these taste like samosas, even though they aren't wrapped in flour and deep fried. Enjoy with mango chutney and basmati rice, or on a bun!"

## INGREDIENTS

- 1/2 onion diced small
- 1 clove garlic minced
- 2 TBS oat flour or grind rolled oats in blender
- 1/3 cup raw cashews ground into a fine powder
- 3 medium yukon gold potatoes diced small
- 3/4 cup frozen peas thawed
- 1 cup cauliflower, steamed and broken into very small florets
- 1 tbsp curry powder
- 1 tbsp onion powder
- 1 tsp coriander
- 1 tsp sea salt
- 1/4 tsp pepper
- Cayenne pepper to taste

## INSTRUCTIONS

Preheat oven to 400.

Place cubed potato in sauce pan and cover with water. Boil a few minutes, until tender. Drain.

While potatoes are cooking, sauté onion in small pan until soft. Add garlic, curry powder, coriander, and cook another minute. Add salt, pepper and cayenne pepper to taste.

In large bowl place potatoes, cooked onion mixture, oat flour and finely ground raw cashews and combine. (Use hands to mix evenly.) Gently fold in cooked cauliflower and thawed peas and combine until evenly distributed.

Form into patties. A round cookie mold works great for this! Place on parchment covered baking sheet.

Bake 15 minutes. Flip patties and cook another 8-10 minutes, until golden. Serve with a good chutney.



**Note from the website:**

"This recipe is adapted from Rouxbe, the on-line plant-based culinary school I'm attending. The first time I made these I followed the recipe to the letter but felt they could be improved and made to be lower in fat. The family actually preferred my version. Score! Keep in mind the heat of these will depend on how much of and the type of curry powder you use. I'm a total wimp when it comes to spice so I only used 1 TBS curry powder (half Penzey Sweet Curry Powder and half Madras Curry Powder). Use more, or some cayenne, if you like the heat. They have tons of flavor regardless. Enjoy!!"

**Pam's note:** Delicious especially when served with chutney. I use a small Mason jar lid to shape the patties (approx 3" diameter) and it gives them straight sides which I think look nicer than hand shaped. This recipe can be made ahead, refrigerated and baked the next day. It can also be baked then frozen with wax paper between layers or freeze spread out on a baking sheet. Once frozen, placed in a freezer safe bag or container for easy access to a few at a time.