



Samosa

Diet types: CKD Non - Dialysis, Dialysis, Diabetes

Nutrients per serving: Calories 152g, Protein 6g, Carbohydrates 14g Fat 8g, Cholesterol 15mg, Sodium 83mg, Potassium 88mg, Phosphorus 56mg, Calcium 13mg, Fiber 0.5g

Renal and Renal Diabetic Food choices: 1/2 meat, 1 starch, 1/2 fat

PREPARATION

1. Heat 3 tablespoons oil in a large skillet, over medium heat. Add onion, ginger root, coriander, pepper and Garam Masala.
2. Add the ground beef and cook until it is no longer pink. Drain fat.
3. Add green peas and cook until the mixture is dry. Add cilantro and stir.
4. Mix 1 tablespoon of flour with enough water to make a thin paste.
5. Roll out pastry on a floured board. Put 2 tablespoons of the beef mixture in the center of the pastry and fold over. Seal edges with a paste of flour and water.
6. Heat oil for deep frying and fry pastries until golden brown.

Portions: 24

Serving size: 1 samosa

Carbohydrate Choices: 1

INGREDIENTS

3 tsp	Canola oil plus oil for deep frying
1/4 cup	Onion, chopped
1 tsp	Ginger root, finely chopped
1 tsp	Coriander powder
1/4 tsp	Cayenne pepper
1 tsp	Garam Masala
2 tsp	Cilantro leaves, finely chopped
1 pound	Ground beef
1/2 cup	Frozen green peas, thawed
1 packet	Spring roll pastry (24 pieces)
1 to 2 tsp	All - purpose white flour water to make a paste with flour

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Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.

