

Chicken and Mexican Vegetable Empanadas

110–120 Min

Preparation

1. Dissolve the yeast in the water. In another bowl mix flour and salt, then add the yeast water and oil. Knead into a soft dough and knead for about 10 minutes. Shape into a ball, place in an oiled bowl and let rise for about 1 hour.
2. Slice the onion into half-moons. Sauté it in oil until softened. Add tomato paste and cook for 1 more minute.
3. Add seasoning, vegetables, chicken and 100 ml water. Cook for 5 minutes, stirring.
4. Divide the dough into 10 balls. Roll them into circles, place filling in the center, fold and seal the edges.
5. Place the empanadas on a baking tray lined with baking paper, brush with beaten egg and bake at 200 °C for about 15–17 minutes.

Ingredients 4 Portions

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For the dough:

250 g	All-purpose flour
10 g	Fresh yeast
1 tsp	Sea Salt, Coarse
140 ml	Lukewarm water
10 ml	Olive oil

For the filling:

1	Onion
10 ml	Olive oil
1 tbsp	Tomato paste
300 g	Mexican vegetable mix
250 g	Cooked chicken
1 tbsp	Fajita seasoning