



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

♦ = Kotányi Produkte

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

