



Tuna Empanadas

Prep:	15 minutes
Cook:	25 minutes
Total:	40 minutes
Servings:	8 children and 1 adult

Ingredients

- 1 sunflower oil
- 1 onion, finely chopped
- 1 garlic clove, minced
- 1 tsp mixed herbs
- 1 cup of frozen peas
- 1 cup of frozen sweetcorn
- 1 red pepper chopped
- 2 tins of tuna, drained
- salt and pepper to taste
- 1 pack of shortcrust pastry
- 1 egg, beaten

Method

1. Preheat oven to 200 c.
2. Cover a baking tray with aluminium foil and wipe with cooking oil.
3. In a medium frying pan fry chopped onion, pepper and garlic in oil until tender, around 5 minutes.
4. Add the mixed herbs and thoroughly combine
5. Add the frozen peas and sweetcorn and cook until heated through, about 6 minutes
6. Add the tuna and cook until hot
7. Season with salt and pepper to taste. Remove from heat and let it cool down a little bit.
8. Roll out the pastry and cut 12 pastry disks, alternatively, cut the rectangle into 12 equal squares and fold to create triangular empanadas.
9. Lightly wet pastry edges with warm water. Put a large tablespoon of filling in the centre of each then fold pastry over and seal the edges by pressing with a fork.
10. Transfer empanadas to baking trays and brush with egg.
11. Bake in the oven for 10 to 15 minutes, until golden.
12. Remove from the oven and let cool for 5 minutes before serving.