



Vegetarian Chilean Empanadas	www.food.com
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Makes	30 tastes in the classroom	From the garden:	
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Equipment	Ingredients
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<ul style="list-style-type: none"> ▪ Measuring cups and spoons ▪ Non slip mat ▪ Chopping board ▪ 2x cooks knives ▪ Food processor ▪ 2x lined baking trays ▪ Whisk ▪ Wooden spoon ▪ Large frying pan ▪ 	<ul style="list-style-type: none"> ▪ 1 teaspoon coconut oil ▪ 1 medium onion, diced medium ▪ 1 red capsicum, chopped ▪ 500gram mushrooms, coarsely chopped ▪ 1 tablespoon minced garlic ▪ 1 teaspoon black pepper ▪ 3 teaspoons allspice ▪ 2 teaspoons cumin ▪ ¼ teaspoon cayenne pepper ▪ 1 tablespoon plain flour ▪ 2 cups black beans ▪ 1 cup pitted olives, diced ▪ 2 cups cooked brown lentils ▪ 2 tablespoons red wine vinegar ▪ 1 cup raisins ▪ 1 tablespoon coriander, chopped ▪ 1 cup shredded tasty cheese ▪ 1 cup egg wash ▪ 6x short crust pastry sheets
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What to do

<ol style="list-style-type: none"> 1. Preheat the oven to 180 degrees . Pre cook lentils 2. In a large frying pan, sauté the onions, capsicums in the oil on medium- low heat for 2 minutes or until the onion softens 3. Add the garlic and fry for another minute. Add the mushrooms and spices and continue to fry until mushrooms soften, 2-3 minutes 4. While this is cooking, pulse the olives and beans in food processor to the consistency of ground meat, add this to the mixture. 5. Add lentils and raisins. Add a little flour as needed to absorb the moisture released by the mushrooms, finish by adding the vinegar, cheese and coriander. Turn off the heat. 6. Cut each pastry into 6 rounds. 7. Top each round with a rounded tablespoon of the mixture, moisten the edges with egg, fold over and press the edges together with a fork. Place on lined baking trays. 8. Brush the tops with egg wash. Bake for 15-20 minutes until golden brown. 9. Serve hot
