



<b>Vegetarian Chilean Empanadas</b>	<b>www.food.com</b>
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<b>Makes</b>	30 tastes in the classroom	<b>From the garden:</b>	
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<b>Equipment</b>	<b>Ingredients</b>
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<ul style="list-style-type: none"> <li>▪ Measuring cups and spoons</li> <li>▪ Non slip mat</li> <li>▪ Chopping board</li> <li>▪ 2x cooks knives</li> <li>▪ Food processor</li> <li>▪ 2x lined baking trays</li> <li>▪ Whisk</li> <li>▪ Wooden spoon</li> <li>▪ Large frying pan</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1 teaspoon coconut oil</li> <li>▪ 1 medium onion, diced medium</li> <li>▪ 1 red capsicum, chopped</li> <li>▪ 500gram mushrooms, coarsely chopped</li> <li>▪ 1 tablespoon minced garlic</li> <li>▪ 1 teaspoon black pepper</li> <li>▪ 3 teaspoons allspice</li> <li>▪ 2 teaspoons cumin</li> <li>▪ ¼ teaspoon cayenne pepper</li> <li>▪ 1 tablespoon plain flour</li> <li>▪ 2 cups black beans</li> <li>▪ 1 cup pitted olives, diced</li> <li>▪ 2 cups cooked brown lentils</li> <li>▪ 2 tablespoons red wine vinegar</li> <li>▪ 1 cup raisins</li> <li>▪ 1 tablespoon coriander, chopped</li> <li>▪ 1 cup shredded tasty cheese</li> <li>▪ 1 cup egg wash</li> <li>▪ 6x short crust pastry sheets</li> </ul>
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<b>What to do</b>
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<ol style="list-style-type: none"> <li>1. Preheat the oven to 180 degrees . Pre cook lentils</li> <li>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</li> <li>3. Add the garlic and fry for another minute. Add the mushrooms and spices and continue to fry until mushrooms soften, 2-3 minutes</li> <li>4. While this is cooking, pulse the olives and beans in food processor to the consistency of ground meat, add this to the mixture.</li> <li>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.</li> <li>6. Cut each pastry into 6 rounds.</li> <li>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.</li> <li>8. Brush the tops with egg wash. Bake for 15-20 minutes until golden brown.</li> <li>9. Serve hot</li> </ol>
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