

Beef Empanadas



Ingredients:

- 1 small onion, finely diced
- 2 teaspoons finely diced garlic
- 1kg beef mince
- 1 teaspoon ground cumin
- 2 teaspoons smoked paprika
- 1/4 teaspoon cayenne pepper
- Pinch of cinnamon
- 2 tablespoons tomato paste
- 1/4 cup currants
- 1/2 cup roughly diced parsley
- 1/2 cup (80g) roughly diced pitted olives

- 3 eggs, hard-boiled and roughly diced
- 10 sheets of puff pastry, defrosted
- 1 egg, lightly beaten
- 1 tablespoon olive oil
- 1 tub Chris' Down 2 Earth Mexican Style Bean & Corn Salsa

Method:

- Preheat fan forced oven to 180 degrees.
- Place large frypan over high heat, add oil and heat.
- Add onion to the hot frypan and cook for a few minutes or until lightly golden.
- Add garlic, cumin, paprika, cayenne pepper and cinnamon and cook for a further 2 minutes.
- Add beef mince, breaking up with a spatula and cook until golden brown.
- Add tomato paste and currants and simmer for 5 – 10 minutes.
- Finish off your empanada filling by stirring through parsley, olives, eggs and season with salt and black pepper.
- Take one sheet of puff pastry and cut out 15cm wide circles.
- Place pastry circles on a clean work surface, and add a heaped tablespoon of filling in the centre of the pastry. Join the two sides together to make a half moon shape, pinch the pastry together on the edges. Set aside on a baking tray lined with baking paper.
- Repeat with remaining pastry and filling.
- Before baking, brush empanadas with a little egg, place in the oven and bake for 25 – 30 minutes or until golden and pastry is cooked through.
- Decant Chris' Down 2 Earth Mexican Style Bean & Corn Salsa into a bowl and serve immediately with the warm empanadas.