

Vegetarian Empanadas Recipe

Makes 16

Kitchen Equipment Required

- Large mixing bowl
- Measuring cups and spoons
- Kitchen scales (for grams)
- Frying pan
- Wooden spoon or spatula
- Rolling pin
- Baking tray
- Baking paper
- Fork (for sealing edges)
- Small bowl (for egg wash)
- Pastry brush (optional)
- Knife and chopping board

Ingredients

Dough

- 375 g plain flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 125 g cold unsalted butter, diced
- 1 large egg
- 120 mL cold water

Egg wash (for brushing)

- 1 egg, beaten with 1 tablespoon water

Filling

- 1 tablespoon olive oil
- 2 leeks or spring onions, finely chopped
- Sprig of thyme
- 1 small red capsicum, finely diced
- 1 cup frozen corn kernels (thawed)
- 1 can (400 g) black beans, drained and rinsed
- 2 cloves garlic, minced
- 150 g shredded cheese
- 50g pecorino
- 1 ½ teaspoons ground cumin
- 1 teaspoon smoked paprika
- 1 cup tomato passata
- 1 teaspoon salt
- pepper to taste

Directions

1. Make the dough:

- In a large bowl, mix flour, baking powder, and salt.
- Rub in the cold butter with your fingers until mixture looks like breadcrumbs.
- Beat the egg and water together, then add to the flour mixture.
- Mix and knead lightly until a smooth dough forms. Wrap in cling wrap and chill in the fridge for 30 minutes.

2. Prepare the filling:

- Heat olive oil in a frying pan over medium heat.
- Add onion, garlic, capsicum and thyme, cook for 3–4 minutes until soft.
- Stir in corn, black beans, cumin, paprika, salt, and pepper. Cook for another 2 minutes.
- Add tomato passata and ½ cup water. Let it cook until it comes to the boil.
- Allow to cool slightly, then stir in the cheese.

3. Assemble empanadas:

- Preheat oven to 200°C (fan-forced 180°C).
- Roll out dough on a floured surface to about 3 mm thick.
- Cut into circles about 10 cm diameter (use a cup or round cutter).
- Place a spoonful of filling in the centre of each circle.
- Fold dough over to make a half-moon shape. Press edges with a fork to seal.
- Place empanadas on a baking tray lined with baking paper. Brush tops with egg wash.

4. Bake:

- Bake in preheated oven for 20–25 minutes or until golden brown.

5. Serve:

- Let cool slightly before serving. Enjoy warm!

Tips for Kids

- Ask an adult to help with chopping and using the oven.
- If it's too tricky to do the folding technique to seal, Use a fork to press the edges together, so the filling doesn't spill out.
- Try adding traditional ingredients like olives and boiled egg!