

Tuna Fish Empanadas (Empanadas de atún)

by Yousef Babatin

A traditional Argentinian dish that can be fried or baked. This recipe is fried in our special Goody soy frying oil. It gives the dish a golden nice colour as well as crispiness. The filling using Treva tuna flakes that has a nice fresh pink colour with no fishy odor and nice taste.



 Serving 4

Ingredients

Empanada discs for baking	20
Canola oil	20 g
1 Small yellow onion sliced	90 g
Bell peppers red and green, sliced	100 g
Garlic cloves crushed	8 g
Paprika	5 g
Treva Pro tuna flakes in pouch, drained	130 g
Dried oregano	2 g
Olives sliced	50 g
Capers	20 g
lemon juice	15 ml
Salt	2 g
pepper	2 g

Instructions

- Heat the oil in a large frying pan, add the onions, peppers, crushed garlic, and paprika. Cook until golden the onions and peppers are soft and start to brown, about 15-20 minutes.
- Add the tuna fish, mix and cook for another 5 minutes. Stir as needed.
- Add the oregano, sliced olives, capers, and lemon juice. Mix well, taste and add salt/pepper to taste. Cook for a few minutes, then remove from heat and let the tuna fish mix cool down before using to fill the empanadas.
- To assemble and bake the empanadas:
- Place a large spoonful of the tuna fish filling on the centre of each empanada disc.
- Fold the empanada discs and gently seal the edges with your fingers. Twist and fold the edges of the empanadas with your fingers. You can also use a fork to press down and seal the edges.
- Chill the empanadas for at least an hour, this will help them seal better and prevent them from opening while baking.
- Brush the empanadas with the egg wash before baking; this helps them achieve that nice golden finish when baked.
- Fry the empanadas until golden
- Serve the empanadas alone or with a dipping sauce.