

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 for 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.