

Spanish Tuna & Vegetable Empanada

Serves 10

Ingredients	
2 400g cans of tuna in spring water	2 (320g) large red peppers
3 hard boiled eggs	1 (160g) large green pepper
50ml olive oil	40g fresh parsley
600g chopped tomatoes	1 (5g) teaspoon white pepper
2 (12g) cloves garlic	2 puff pastry, ready rolled
2 (10g) tsp paprika	

• **METHOD:**

- Chop the onion and peppers into small dice. Mince the garlic. Grate the tomato with a cheese grater (or finely chop). Peel the hard boiled eggs and chop them into small inch pieces.
- Place the olive oil in a large pan. Add the onion and cook over medium heat, stirring, until onion is soft and translucent, about 5-8 minutes.
- Add the garlic, chopped pepper, tomato, and paprika and cook until most of the liquid has evaporated and vegetables are soft and fragrant. Season mixture with pepper and parsley to taste. Drain the tuna and add to the vegetable mixture.
- Assemble empanada: Preheat oven to 350 degrees. Lightly grease a 15 inch pizza pan, baking sheet, or paella pan with olive oil.
- Line the bottom of the baking pan with the Puff Pastry, letting the excess overhang the edges.
- Spread the filling over the dough in the pan, and sprinkle the chopped hardboiled egg over the filling. Roll out the second piece of Puff Pastry in the same manner and place it over the filling.
- Seal the edges of the dough together, trimming off any excess, and crimp the edges decoratively. Use the excess dough to decorate the empanada, if desired. Make a small 1/2 inch hole in the centre of the empanada.
- (Optional: Whisk an egg with a tablespoon of water and brush over the empanada)
- Place the empanada in the oven. Bake until golden brown, about 30-35 minutes. Remove from oven and let cool for at least 15 minutes before serving.



- ✓ **COOK'S TIP – FOR PUREE DIETS MAKE A BUTTER BEAN AND RED PEPPER PUREE**
- ✓ **FOR VEGETARIAN DIETS, OMIT TUNA (IF FISH NOT EATEN), USE BUTTER BEANS**
- ✓ **FOR EGG FREE DIETS, OMIT EGGS, USE BUTTER BEANS OR CHICKPEAS**
- ✓ **FOR WHEAT FREE DIETS, OMIT PUFF PASTRY, USE WHEAT FREE WRAP (ENCASE MIXTURE AND WRAP IT SIMILAR TO A SAMOSA AND BRUSH WITH EGG AND/OR MILK AND REDUCE COOKING TIME TO 15 – 20 MINUTES)**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
433	22.3	25	31.8	4.8	1.1	2.4	72