



Cheesy Beef Empanada Pockets

with Balsamic Glazed Rocket

Family 40-45 Minutes • Mild Spice • 1 of your 5 a day

48



Dish Spotlight: Empanadas are popular in Spain and other South American countries. These pockets of dough are baked or fried and are usually filled with a savoury meaty filling. Scan the QR code to let us know what you think!



Puff Pastry Sheet



Red Onion



British Beef Mince



Garlic Clove



Mature Cheddar Cheese



Central American Style Spice Mix



Tomato Puree



Chicken Stock Paste



Wild Rocket



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Frying pan, garlic press, grater, baking tray and baking paper.

Ingredients

Ingredients	2P	3P	4P
Puff Pastry Sheet** 13)	1 pack	1½ packs	2 packs
Red Onion	1	2	2
British Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	60g	90g	120g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Chicken Stock Paste	10g	15g	20g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	12ml	12ml
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	477g	100g
Energy (kJ/kcal)	4638 /1109	972 /232
Fat (g)	69.6	14.6
Sat. Fat (g)	36.0	7.5
Carbohydrate (g)	77.1	16.1
Sugars (g)	19.6	4.1
Protein (g)	46.3	9.7
Salt (g)	3.37	0.71

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **puff pastry** from your fridge to allow it to come to room temperature.

Halve, peel and chop the **red onion** into small pieces.



Make your Empanadas

Once the **filling** has cooled, cut the **puff pastry** (see ingredients for amount) into equal-sized rectangles (2 per person).

Spoon the **beef** onto one half of each rectangle, leaving a 1cm border at the sides, then top with the **cheese**.

Dampen the edges of the **pastry** with a little **water**, then fold the top **half** of the **pastry** over the **filling** to enclose it. Gently press the edges down with the back of a fork to tightly seal the parcel on the 3 open sides.



Brown the Beef

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **beef mince** and **onion**. Fry until the **mince** has browned and the **onion** has softened, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

While it fries, peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese**.



Ready, Steady, Bake

Carefully transfer the **empanadas** to a lined baking tray. Bake on the top shelf of your oven until the **pastry** is golden, 15-20 mins.



Add the Flavour

Once the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

Add the **Central American style spice mix**, **tomato puree** and **garlic** to the pan. Stir-fry until fragrant, 30 secs.

Stir in the **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then reduce the heat and simmer until the **liquid** has almost evaporated, 6-8 mins, stirring occasionally.

Remove from the heat and allow to cool slightly. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Finish and Serve

When everything's ready, pop the **rocket** into a medium bowl. Drizzle with some **olive oil**, then toss to coat.

Plate up your **empanadas** with the **rocket** alongside. Drizzle the **balsamic glaze** over the **rocket** for those who'd like it.

Enjoy!