



Cheesy Beef Empanada Pockets

with Balsamic Glazed Rocket Salad

Family 30 Minutes • Mild Spice • 1 of your 5 a day

10



Bell Pepper



Garlic Clove



Mature Cheddar
Cheese



Beef Mince



Ground Cumin



Central American
Style Spice Mix



Chicken Stock Paste



Tomato Puree



Puff Pastry Sheet



Rocket



Balsamic Glaze

Pantry Items
Water

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, grater, frying pan, baking tray and bowl.

Ingredients

	2P	3P	4P
Puff Pastry Sheet** 13	1 roll	1½ rolls	2 rolls
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7	60g	90g	120g
Beef Mince**	240g	360g	480g
Ground Cumin	1 sachet	1 sachet	2 sachets
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Beef*	100ml	150ml	200ml
Rocket**	40g	60g	80g
Balsamic Glaze 14	1 sachet	1 sachet	1 sachet

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	448g	100g
Energy (kJ/kcal)	4609 /1102	1028 /246
Fat (g)	70	16
Sat. Fat (g)	36	8
Carbohydrate (g)	75	17
Sugars (g)	17	4
Protein (g)	43	10
Salt (g)	2.73	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) 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, milk, egg, mustard, celery, soya, 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.

Contact

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Get Prepped

Preheat your oven to 220°C. Remove the **puff pastry** from your fridge. Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese**.



Make the Empanadas

Once the **filling** is ready, cut the **puff pastry sheets** in half widthways to make rectangles (use half a sheet of pastry per person). Spoon the **beef filling** and **grated cheese** onto one half, leaving a 1cm border at the sides. Dampen the edges with a little **water**, then fold the top **half** of the **pastry** over the **filling** to enclose it. Gently press down the edges with the back of a fork to seal the **parcel** on all 3 sides.



Cook the Beef

Heat a large frying pan on medium-high heat. When hot, add the **beef mince** and **chopped pepper**. Cook until the **mince** has browned and the **pepper** has softened, 5-6 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Ready, Steady, Bake

Use a sharp knife to lightly score 3 diagonal lines on the top of the **pastry lid** (don't cut all the way through). Carefully transfer the **pastry parcels** to a baking tray. Bake on the middle shelf of your oven until the **pastry** is crisp and golden, 20-25 mins.



Add the Flavour

Stir the **ground cumin**, **Central American style spice mix** and **garlic** into the pan. Stir-fry until fragrant, 1 min. Pour in the **chicken stock paste**, **tomato puree** and **water for the beef** (see ingredients for amount). Stir and bring to the boil, then reduce the heat. Simmer until the liquid has almost evaporated, 6-8 mins, stirring occasionally. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Finish and Serve

When everything is ready, pop the **rocket** into a medium bowl. Drizzle with some **oil**, then toss to coat. Plate up the **empanadas** with the **rocket** alongside, and drizzle the **balsamic glaze** over the **rocket** for those who'd like it.

Enjoy!