



# UCOOK

## Prizeworthy Pork Empanadas

with zesty corn on the cobs

Take a trip to South America with these crispy pork, carrot, and pea-filled empanadas! Flaky homemade pastry encases a divine filling, while a zesty lime & crème fraîche coating covers crunchy sweet corn on the cob. What could be better?

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Adventurous Foodie

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 Boschendal | 1685 Shiraz

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## Ingredients & Prep

250ml	Cake Flour
50g	Butter <i>cut into small cubes</i>
120g	Carrot <i>½ finely diced</i>
150g	Pork Schnitzel (without crumb) <i>pat dry &amp; roughly diced</i>
10ml	NOMU Roast Rub
10ml	Beef Stock
50g	Peas
5ml	Dried Chilli Flakes
30ml	Crème Fraîche
1	Lime <i>½ zested &amp; cut into wedges</i>
4g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
1	Corn on the Cob <i>silks removed</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Cling Wrap  
Egg/s  
Milk

**1. TIME TO PASTRY!** Preheat the oven to 200°C and boil the kettle. Place 200ml (about  $\frac{4}{5}$ ) of the flour in a bowl. Using your fingers, rub the butter cubes into the flour. The final mixture should look like coarse breadcrumbs. In a separate bowl, whisk 1 egg with a pinch of salt. Using a fork, mix  $\frac{1}{2}$  the whisked egg into the flour mixture. Using your hands, bring the dough together. Add water in 5ml increments if the dough is not coming together. You don't want to over knead the mixture! On completion, wrap in cling wrap and set aside to chill in the fridge while you make the filling.

**2. FILLING** Set aside 1 tbsp of the remaining flour for Step 3. Place a pot over a medium-high heat with a drizzle of oil. When hot, fry the diced carrot for 3-4 minutes until soft, shifting occasionally. Add the diced pork and the rub and fry for 2-3 minutes, shifting as it colours. Whisk in the remaining flour until fully incorporated. Add the beef stock, 100ml of boiling water, the peas, and  $\frac{1}{2}$  the chilli flakes (to taste). Mix until fully combined and leave to simmer, uncovered, for 8-12 minutes, until the sauce has slightly reduced. Remove from the heat, season to taste and set aside to cool.

**3. EMPANADA PERFECTION** Sprinkle the reserved flour on a flat surface. Remove the pastry from the fridge and use a rolling pin or bottle to roll out until 5mm thick. On completion, cut out 4 rounds of pastry, about 15cm in diameter. Spoon the pork filling onto the middle of each round. Using a bit of water, seal the edges together to make a half-moon shaped empanada. Lightly brush the top of the pastry with milk and use a knife to make a small hole in the top of the pastry. Place on a lightly greased baking tray and bake in the hot oven for 15-20 minutes, until the pastry is golden and cooked through.

**4. CHARRED CORN** In a bowl, combine the crème fraîche, the lime zest,  $\frac{1}{2}$  the chopped coriander, and the remaining chilli flakes (to taste). Place a pan over a high heat with a drizzle of oil. When hot, fry the corn on the cob for 4-5 minutes until charred all over, turning as it colours. Remove from the pan on completion. Once cooled slightly, smear the crème fraîche mixture over the corn on the cob until fully coated.

**5. DINNER IS SERVED** Plate up the pork and carrot empanadas, and serve the crème fraîche-lathered corn on the side. Garnish with the remaining coriander. Divine, Chef!



## Chef's Tip

If you are feeling fancy, use a fork to crimp the edges of your empanadas! You may also have some filling left after filling your empanadas, either serve it on the side or keep it for another meal.

## Nutritional Information

Per 100g

Energy	895kj
Energy	214Kcal
Protein	8.7g
Carbs	25g
of which sugars	2.4g
Fibre	2.1g
Fat	8.7g
of which saturated	4.6g
Sodium	9mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days