KIKKOMAN

Tuna empanadas with sun-dried tomatoes

Total time **50 mins** **25 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
3,072 kJ / 854 kcal

Fat: **31.8 g** Protein: **42.2 g**
Carbohydrates: **106.5 g**

INGREDIENTS

4 portion(s)

Filling:

280 g	tuna in olive oil
320 g	tinned red beans
240 g	sun-dried tomatoes in oil
4 tbsp	chopped parsley
4 tbsp	Kikkoman Spicy Chili Sauce for Kimchi

Dough:

350 g	light spelt flour
120 ml	warm water
60 g	soft butter
1	egg
2 tbsp	black sesame seeds

Dip:

4 tbsp	Kikkoman Spicy Chili Sauce for Kimchi
2 tbsp	mayonnaise
1 tsp	agave syrup or honey

PREPARATION

Step 1

280 g tuna in olive oil - **320 g** tinned red beans - **240 g** sun-dried tomatoes in oil - **4 tbsp** chopped parsley - **4 tbsp** Kikkoman Spicy Chili Sauce for Kimchi
Drain the tuna and blend it with the beans and sun-dried tomatoes into a slightly chunky paste. Mix in the parsley and Kikkoman Kimchi Chili Sauce.

Step 2

350 g light spelt flour - **120 ml** warm water - **60 g** soft butter
Combine the flour, butter and water to form a smooth dough. Roll it out and cut out circles about 5 cm in diameter. Preheat the oven to 180 °C.

Step 3

Place a spoonful of filling onto each circle, fold, and press the edges to seal.

Step 4

1 egg - **2 tbsp** black sesame seeds
Arrange the empanadas on a baking sheet lined with parchment paper, brush with the beaten egg and sprinkle with the sesame seeds. Bake for about 25 minutes at 180 °C.

Step 5

4 tbsp Kikkoman Spicy Chili Sauce for Kimchi - **2 tbsp** mayonnaise - **1 tsp** agave syrup or honey
Mix the mayonnaise with 2 tbsp Kikkoman Kimchi Chili Sauce and agave syrup or honey. Serve warm or cold with extra Kikkoman Kimchi Chili Sauce and the kimchi mayo on the side.