

# 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.

