

Empanadas with Chimichurri

Ingredients

1 brown onion
 1 red capsicum
 1 small sweet potato
 3 garlic cloves
 ½ red chilli
 400g tin black beans
 2 tsp ground cumin
 1 tsp paprika
 Pinch mixed spice
 1 Tbs tomato paste
 ½ cup frozen corn- thawed
 ¾ cup water
 Juice ½ lime
 2-3 spring onions
 1/3 cup coriander leaves
 Salt and pepper
 Frozen puff pastry
 1 egg, whisked
 Oil

Chimichurri

1 small bunch kale
 1 small bunch parsley
 ½ cup coriander leaves
 1 clove garlic
 ½ cup olive oil
 1½ Tbs white wine vinegar
 1 tiny pinch chilli flakes
 Salt and pepper



What to do:

- 1) Preheat the oven to 200c
- 2) Drain and rinse the black beans. Set aside
- 3) Peel the onion and finely dice
- 4) Remove the stem, seeds and pith from the capsicum, dice into small pieces
- 5) Peel the garlic, roughly chop, sprinkle with salt and using a fork smash into a paste
- 6) Chop the chilli in half, remove the seeds and finely chop
- 7) Peel and grate the sweet potato
- 8) Wash the spring onion, remove the roots and finely slice
- 9) Wash the coriander, spin dry, pick off the leaves and finely chop
- 10) Add a little oil to a large frying pan. Add onion and capsicum and cook for 5-10 minutes until the capsicum is soft and the onion translucent
- 11) Add the garlic, chilli, sweet potato, cumin, paprika and mixed spice to the frying pan. Cook for 1 minute until fragrant
- 12) Add the beans, water and tomato paste. Mix well. Bring the liquid up to the boil, then lower the heat and simmer for 5 minutes until the liquid has cooked off
- 13) Remove the pan from the heat. Add the corn, lime juice, spring onion and coriander. Season with salt and pepper. Mix together. Set aside to cool
- 14) Using an 8cm cookie cutter, cut circles out of the puff pastry
- 15) Spoon one teaspoon of the filling mix onto each circle. Using your finger spread a little water around the edge of the pastry. Fold the pastry in half to enclose the filling and pinch to seal. Place the Empanada onto a baking tray with baking paper, and crimp the edges using a fork. Brush lightly with the egg. Repeat with all the pastry and filling
- 16) Bake the Empanadas in the oven for 20-25 minutes until golden and flaky

17) To make the Chimichurri

- 18) Peel the garlic, roughly chop. Sprinkle with salt and using a fork smash into a paste
- 19) Combine garlic, oil, vinegar and chilli flakes in small bowl and mix. Set aside to infuse
- 20) Wash the kale, parsley and coriander and spin dry
- 21) Remove the kale leaves from the stalks. Chop kale into 6 pieces, roll into a ball and finely shred. Using the cross chop, chop finely. Add to a large bowl
- 22) Pick off the parsley and coriander leaves. Chop herbs finely, being careful not to over chop and bruise the leaves. Add to the kale and mix together
- 23) Add the garlic and chilli mix to the big bowl with kale and herbs. Mix well. Season with salt and pepper
- 24) Serve the Empanadas with the Chimichurri on the side
- 25) Enjoy



Bonus Maths Activity

How many eggs?

At Findon Primary we have four chickens. Their names are Ethel, Captain, Scarlet and Princess Layer.

Each week 9 eggs are laid. How many eggs were laid in the following school terms?

Term 1 had 9 weeks?

Term 2 had 11 weeks?

Term 3 had 10 weeks?

Term 4 had 11 weeks?

The chickens laid 90 eggs in Term 3. If I shared these eggs with 15 teachers, how many eggs did each teacher get?

Use the space provided to show your working out. 😊