

Submitted By:
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Category:
Appetizer

Name:
Paneer Empanadas



Ingredients:

Goya Empanada wrappers for oven (not the frying kind)
 Crumbled Paneer
 Finely chopped onions
 Roasted corn kernels
 Finely chopped Red Bell Pepper
 Finely chopped jalopeno/serrano
 Peas
 Pomegranate seeds (optional)
 Salt - to taste
 Chilli powder - to taste
 Pinch of turmeric
 Roasted cumin powder
 Ajwain

Directions:

For the filling:

In a hot sauce pan take a little oil, add few seeds of ajwain and onion. Saute and add red bell pepper, corn, jalopeno and peas. Stir fry until vegetables are a little tender. Add crumbled paneer and add the spices. Saute for another 2-3 minutes until well mixed. Let the mixture cool. Add a few pomegranate seeds (dry or fresh) mix.

Make the empanadas by putting a little paneer filling in the middle of each goya wrapper.

Fold wrapper into semi-circle; seal the edges with a little water. Crimp using fork tines.

Pre-heat oven to 350 Degrees Fahrenheit. Line Empanadas on a baking sheet use a basting

brush to brush on some olive oil and bake for 20 minutes. Flipping once mid-way.