

# Mexican Empanada



2.5:1 ratio

- **Preparation time:** 40 minutes, including preparation of tortilla
- **Cooking time:** 15 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	36.3g	31.3g LCT	
		5g MCT	
Protein	10.1g		
Carbohydrate	4.7g		
Energy (calories)	386kcal		



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# Mexican Empanada

Ingredients	Quantity	Your recipe
Uncooked tortilla (see recipe, contains <b>MCTprocal</b> )	1	
Vegetable oil* for frying	As per manufacturer's instructions	
Olive Oil	12.5g	
Minced Chicken	20g	
Spring onions, finely chopped	4g	
Tomatoes, finely chopped	10g	
Garlic purée e.g. Gia	1g	
Sun-dried tomato purée e.g. Gia	1g	
Chilli powder	1 pinch	
Fajita seasoning e.g. Schwartz	1 pinch	

\* approximately 7g oil absorbed in cooking process and factored into nutritional content

## Method:

1. Preheat vegetable oil in deep fat fryer to 180°C.
2. Add olive olive oil to a pan over a medium heat, add all ingredients and stir until the chicken is cooked, approx. 5 minutes.
3. Place the cooked chicken mixture into a bowl, cover and set aside to cool for 10 minutes.
4. Add cooled chicken mixture to one half of tortilla, leaving some room at the edge.
5. Moisten this edge with water and fold the other half of the tortilla over the filling. Press the edges together using your finger or a fork.
6. Place empanada into frying basket and lower into oil, cook for 2-3 minutes, until golden brown.
7. Remove from fryer and serve.



**Always check with your dietitian what is suitable for you**

- Try with one of our keto dips

**MCTprocal is a food for special medical purposes and must be used under medical supervision.**

**This recipe has been specifically designed for use in a ketogenic diet.**

**Refer to labels for allergens and other product information.**