



## ECUADORIAN EMPANADAS DE VERDE

	<b>SERVINGS</b>	<b>6 LARGER EMPANADAS</b>
🕒	<b>PREP TIME</b>	<b>30 mins</b>
	<b>TOTAL TIME</b>	<b>35 mins</b>

### INGREDIENTS

#### *Green Plantain Empanada Dough*

- 4 green plantains
- 1 egg – optional can use some of the cooking water from the plantains instead of the egg
- 2 tablespoons of butter room temperature – or oil
- ~ 1 teaspoon of salt

#### *Cheese Filling*

- 1 cup of grated or crumbled cheese can use quesillo, queso fresco, or mozzarella
- 1/3 cup finely diced white onion or scallions
- Oil for frying

### DIRECTIONS

#### *Prep the Plantains*

1. Peel all 4 plantains carefully under cold water (they can stain).
2. Cut 3 in half and boil them in a large pot of water for about 30 minutes, until soft.
3. Leave them in the hot water to stay soft.
4. Grate the 4th raw plantain using a fine grater and set aside.

#### *Make the Dough*

1. Mash or blend the cooked plantains until smooth.
2. Mix in the egg and butter/oil.
3. Add the grated raw plantain and salt. Knead until smooth.
4. If it's too dry or crumbly, add a bit of the hot cooking water.
5. Let the dough rest for 15–30 minutes.

#### *Shape the Discs*

1. Roll the dough into small balls.
2. Press each ball flat using a tortilla press, rolling pin, or a flat board.
3. Use wax paper or plastic wrap to keep it from sticking.

#### *Fill and Seal*

1. Mix cheese and onion in a small bowl.
2. Add a spoonful of filling to the center of each disc.
3. Fold and press the edges to seal (use fingers or a fork).
4. Chill in the fridge for 1 hour if you have time — helps prevent leaks when frying.

#### *Fry and Serve*

1. Heat oil in a skillet over medium heat.
2. Fry empanadas until golden and crispy, about 3–4 minutes per side.
3. Drain on paper towels and serve warm with your favorite dipping sauce.

