



4mates Empanadas



4mates.com.au
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Empanadas Catalogue



Spinach & Cheese



Chicken



Ham & Cheese



Caprese



Beef

Packaging Frozen Empanadas (by dozen)



EMSPANADAS

	BEEF This empanada is filled with beef, onion, fine herbs, hard boiled egg, olives and spices.
	CHICKEN Diced chicken, onions, hard boiled egg, fine herbs and spices.
	HAM & CHEESE Deli ham, mozzarella cheese, egg, spices
	SPINACH & CHEESE Spinach, Feta and Mozzarella Cheese, nutmeg and onion Vegetarian
	CAPRESE Cheese, tomato and basil Vegetarian

*Empanadas Contain Gluten and Dairy



Empanadas code
2 letters to identify the flavor

- BE: Beef
- CH: Chicken
- HC: Ham and Cheese
- SC: Spinach and Cheese
- C: Caprese

How to cook the empanadas

- How to bake empanadas?

- At the moment, we are delivering frozen empanadas, in order to bake them, turn on the oven at 250 degrees, wait for the temperature and arrange empanadas on a baking sheet. Leave space between each empanada. Bake the empanadas for around 15 to 25 minutes, depending on the oven, cook until turn golden brown and filling is hot.
- If you would like the top best result, unfroze the empanadas in the fridge.
- After that, allow to cool briefly before serving (not so hot), to be eaten.

- How to fried empanadas?

- Chill the frozen prepared empanadas for about 20 minutes prior to frying. They are easier to handle when firm.Heat the cooking oil. You'll need a lot. This is deep frying and the empanadas need to be totally submerged in oil.

Contact Details & Follow us

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Thank you very much and enjoy empanadas with a good wine or a cold beer.

