



COOKING INSTRUCTIONS PRE-COOK EMPANADAS

CORN EMPANADA

1. Pre-Heat Oil to 375 F (Failure to pre-heat oil to correct temperature may lead to dough rupture during cooking process)
2. Deep Fry each empanada for at least 8 minutes or
3. until golden and crisp to your desired level.

Note: Make sure to add enough oil to fully cover your empanadas.

AIR FRYER

1. Pre-Heat Air Fryer to 400 F
2. Place your frozen empanadas inside Air Fryer and cook for 10 minutes. You may Air Fry empanadas for longer for additional crispiness. Do not stack empanadas on top of each other.

CONVENTIONAL OVEN

1. Pre-Heat Oven to 400 F
2. Place your frozen empanadas inside the oven and bake for at least 10 minutes. You may bake empanadas for longer for additional crispiness. Do not stack empanadas on top of each other.

Ensure internal temperature reaches 165 F. Let stand for at least 3 minutes before serving

ATTENTION: Empanada's exterior surface and interior filling will be **HOT**