

THANK YOU FOR
PURCHASING OUR 3 PACK
OF FROZEN EMPANADAS!

PLEASE FEEL FREE TO REACH OUT WITH ANY
QUESTIONS OR CONCERNS AT
INFO@MOEMPANADAS.COM

FROZEN EMPANADAS WILL LAST UP TO 3
MONTHS IN THE FREEZER.
PLEASE NOTE THE DATE ON YOUR BAG.

INGREDIENTS

VEGAN EMPANADA

Cornmeal, lentils, potatoes, carrots,
onions and seasonings.

Gluten free, Dairy free and Egg free.

CHICKEN EMPANADA

Cornmeal, chicken, potatoes, onions,
and seasonings.

Gluten free, Dairy free and Egg free.




BEEF EMPANADA

Cornmeal, shredded beef, potatoes,
onions and seasonings.

Gluten free, Dairy free and Egg free.






Empanadas - Air Fryer

 1-2 servings  16 minutes  400 degrees

Take your frozen empanadas (do NOT thaw) and brush or spray each empanada with your choice of oil. It should have a coat of oil on both sides of the shell. Place one or two into the air fryer at 400 degrees for 8-10 minutes then gently flip it over and continue to air fry it until golden color, don't flip if shell is soft as it will fall apart. The end result should be crispy golden exterior. No need to worry about the contents of the empanadas as they are fully cooked prior to being frozen. Ready to eat and ENJOY!

Empanadas - Deep Fry

 1-2 servings  8 minutes  350 -400 degrees

Take your frozen empanadas (do NOT thaw) and dunk it into a hot oil bath of your choice (recommended corn, vegetable or avocado oil). If you don't have deep fryer, a pan/pot with about 2 inches of oil will do. Wait until your oil is hot or they will fall apart! The empanada will start to turn golden brown, then place on a paper towel to capture excess oil. Ready to eat and ENJOY!