

## Baked Chicken Empanadas - Golden, Flaky, and Filled with Flavor

Baked Chicken Empanadas Recipe



**OVEN**  
**375°F**

**TIME**  
**10 min**

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### INGREDIENTS

For the Filling:

- 3/4 kilo ground chicken
- 1 small carrot, finely chopped
- 3/4 cup green peas
- 1/2 cup raisins
- 2 small potatoes, diced
- 1 small onion, finely chopped
- 3 cloves garlic, minced
- 1 tbsp soy sauce
- Salt and pepper to taste
- Cooking oil

For the Dough:

- 2 cups all-purpose flour
- 1 stick cold butter (1/2 cup), cubed
- 1 tsp white vinegar
- 1 egg
- 1/2 cup ice water
- 1/2 tsp salt

For the Egg Wash:

- 1 egg, beaten
- 1 tbsp fresh milk

Step-by-Step Instructions:

1 Make the Dough:

In a large bowl, mix flour and salt.

Add the cold butter cubes and mix using your fingertips or a fork until the mixture resembles

coarse crumbs.

In a small bowl, whisk together the vinegar, egg, and ice water. Gradually pour into the flour mixture and combine until a dough forms.

Shape into a disc, wrap in plastic, and chill in the refrigerator for 1 hour.

2 Prepare the Filling:

Heat oil in a pan. SautØ onion and garlic until fragrant.

Add the ground chicken and cook until golden brown.

Stir in chopped carrots and potatoes. Let cook for 10 minutes.

Add green peas and raisins. Season with soy sauce, salt, and pepper. Simmer until veggies are tender. Let cool completely.

3 Assemble the Empanadas:

Divide the chilled dough into golf-ball-sized pieces.

Flatten each ball and roll out to about 1/8 -inch thickness. Use a bowl or cutter to make 4-inch rounds.

## DIRECTIONS

1. Make the Dough:: In a large bowl, mix flour and salt.
2. Add the cold butter cubes and mix using your fingertips or a fork until the mixture resembles coarse crumbs.
3. In a small bowl, whisk together the vinegar, egg, and ice water. Gradually pour into the flour mixture and combine until a dough forms.
4. Shape into a disc, wrap in plastic, and chill in the refrigerator for 1 hour.
5. Prepare the Filling:: Heat oil in a pan. SautØ onion and garlic until fragrant.
6. Add the ground chicken and cook until golden brown.
7. Stir in chopped carrots and potatoes. Let cook for 10 minutes.
8. Add green peas and raisins. Season with soy sauce, salt, and pepper. Simmer until veggies are tender. Let cool completely.
9. Assemble the Empanadas:: Divide the chilled dough into golf-ball-sized pieces.
10. Flatten each ball and roll out to about 1/8 -inch thickness. Use a bowl or cutter to make 4-inch rounds.
11. Scoop 1-2 tablespoons of filling onto one half of each circle.
12. Fold over and seal the edges by pressing with a fork or twisting.
13. Place empanadas on a baking sheet lined with parchment paper.
14. Bake:: Preheat the oven to 375°F (190°C).
15. Brush each empanada with the egg wash (egg + milk

mixture).

16. Bake for 20-25 minutes or until golden brown.
17. Tips for Success: Don't overfill the empanadas to prevent bursting during baking.
18. Chill your dough thoroughly-it makes rolling easier and prevents shrinking.
19. Let the filling cool completely before assembling to avoid soggy dough.
20. Want extra crunch? Sprinkle a little sea salt on top before baking.
21. Serving Suggestions & Pairings: These empanadas are great as a snack, lunchbox item, or party dish. Serve them with:
  22. A zesty dipping sauce like garlic mayo or sweet chili
  23. A fresh side salad like : Tangy Chicken Salad
  24. A cozy side dish like : One-Pan Breakfast Bake for a brunch spread
  25. Or add them to a party board alongside : Chicken Enchiladas and Walking Tacos for a crowd

## TIPS FOR SUCCESS

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/baked-chicken-empanadas-golden-flaky-and-filled-with-flavor/>