

TASTE THE WORLD ~ RECIPE

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AREPAS RELLENAS

Serves 6-8

Arepas ~ Ingredients

- 4 cups of water
- 2 teaspoon of salt
- 3 cups Harina P.A.N (pre-cooked white maize meal)
- 2 teaspoon sunflower oil

Reina Pepiada (Chicken & Avocado Filling) ~ Ingredients

- 3 chicken breasts, poached and shredded
- 4 ripe avocados
- 2 tablespoons mayonnaise
- Juice from 4 limes
- 1 large green capsicum
- Jalapeños
- Fresh coriander
- ½ white onion, finely diced
- 2 garlic cloves, micro planed

Hogao (vegetarian filling) ~ Ingredients

- 3 ripe tomatoes
- 1 onion
- 2 scallions
- 1 clove garlic, crushed
- 3 tablespoons olive oil
- Salt
- Pepper
- Haloumi

Method

In a large bowl, mash the avocados and add the mayo, lime juice, capsicum, white onion, garlic, coriander and jalapeño. Season to taste. Fold in the shredded chicken. Place in the refrigerator until ready to use.

Preheat a non-stick pan to medium-high heat.

In a bowl, add the Harina, salt and oil, and gradually add the water. Using your hands, massage the dough to get rid of any lumps.

Allow the dough to sit for 3 to 5 minutes to absorb all the water. Using your hands, form a baseball-sized ball with the dough and flatten with the palm of your hand to form a perfect ½-inch thick patty.

Place arepas on the pan over medium to medium-high heat. Cook for about 7 minutes on each side, until golden brown.

Using a butter knife, slice the arepas horizontally without cutting all the way through. Fill with the chicken avocado mixture. Transfer to a serving platter and enjoy.

Hogao ~ Method (vegetarian option)

Cut the tomatoes, onion, and scallions into medium sized pieces.

Heat the olive oil and sauté the tomatoes, onion, scallions and garlic for 5 minutes over medium heat.

Reduce heat to low, season with salt and pepper and simmer covered for 30 minutes.

Let cool, then place in the fridge.

Grill haloumi and serve on top.