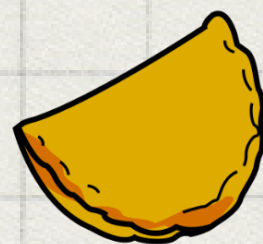
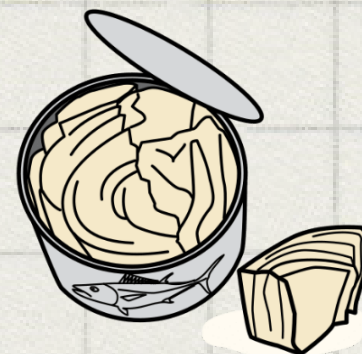


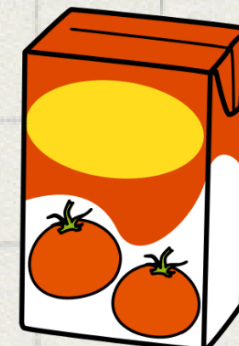
EMPANADILLAS DE ATÚN CON TOMATE



EMPANADILLA



ATÚN



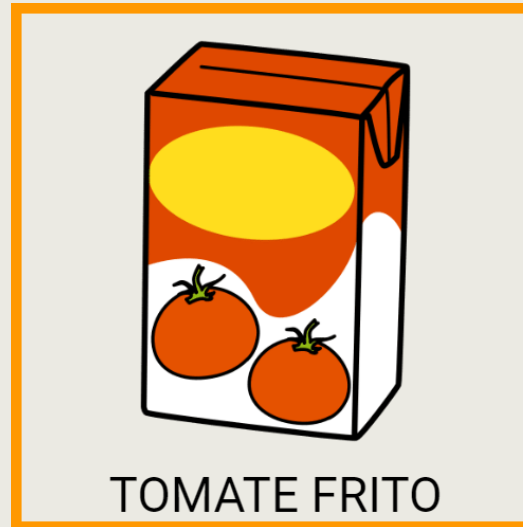
TOMATE FRITO

INGREDIENTES



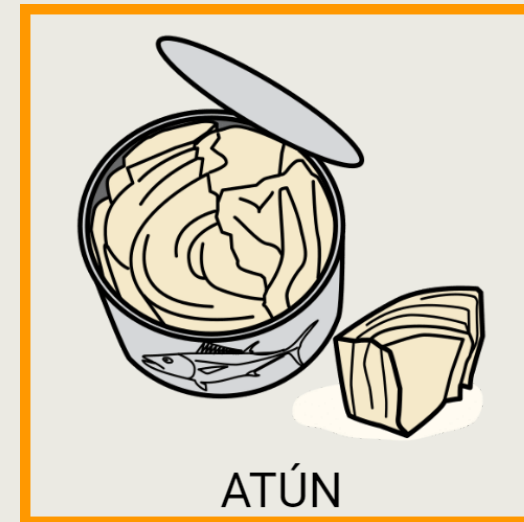
MASA EMPANADILLA

**MASA DE
EMPANADILLA
(obleas)**



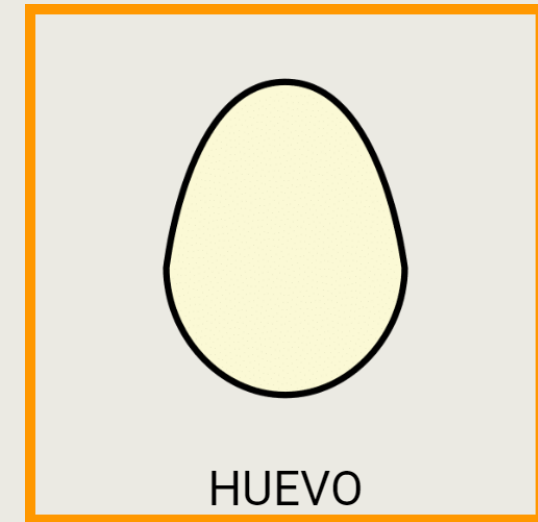
TOMATE FRITO

**SALSA DE
TOMATE**



ATÚN

ATÚN



HUEVO

1 HUEVO

UTENSILIOS

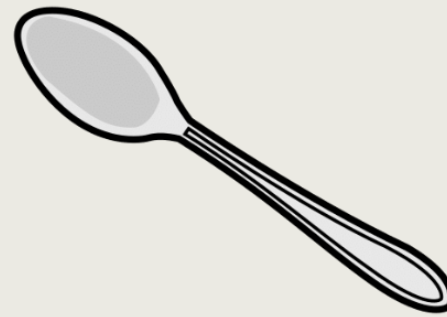


**FREIDORA
DE AIRE**



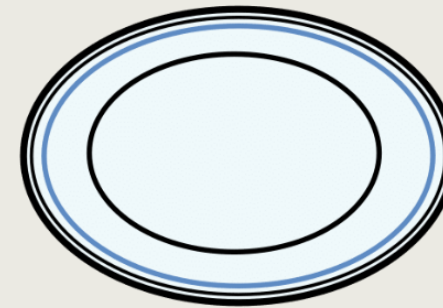
TENEDOR

TENEDOR



CUCHARA

CUCHARA



PLATO

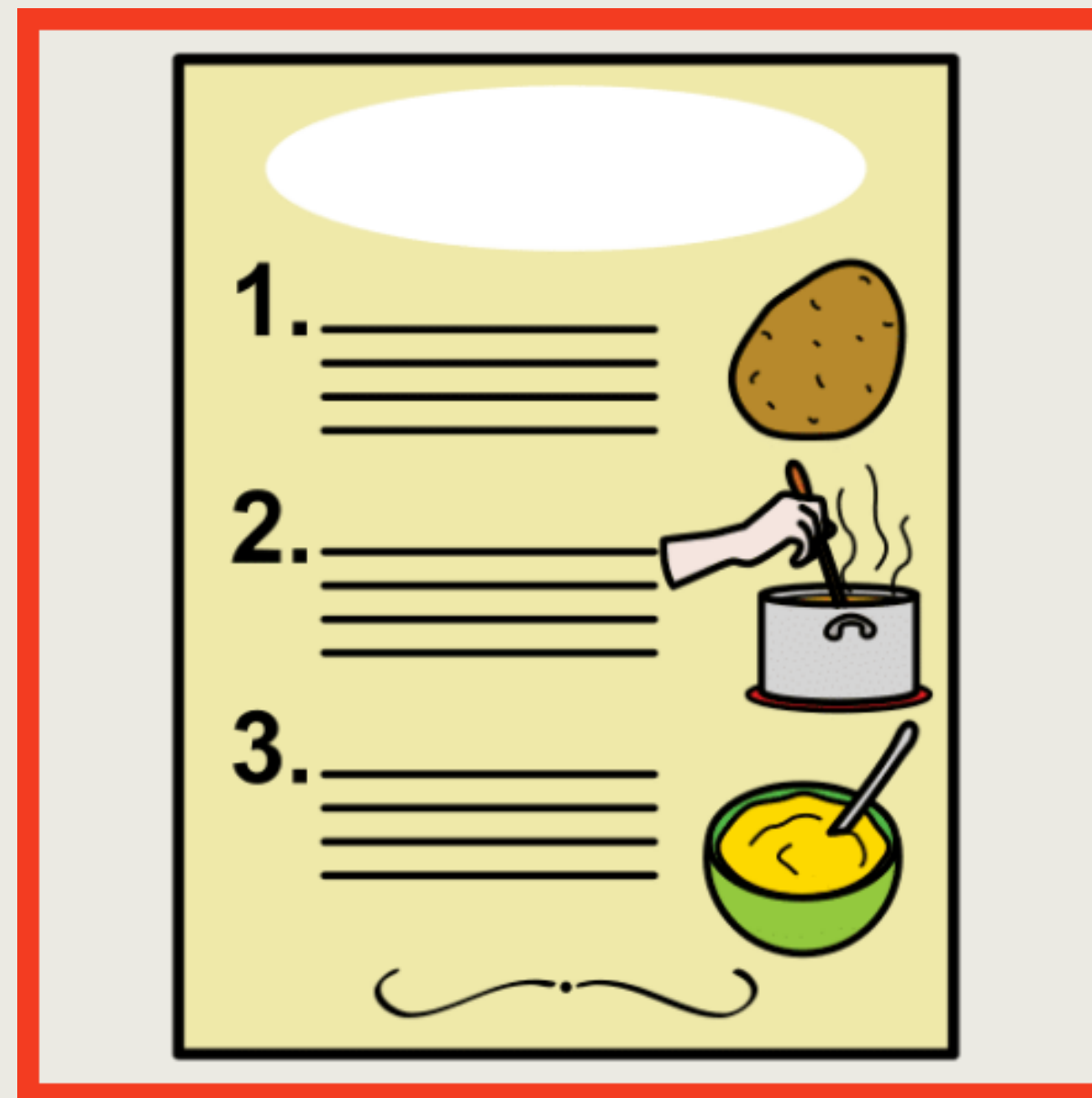
PLATO



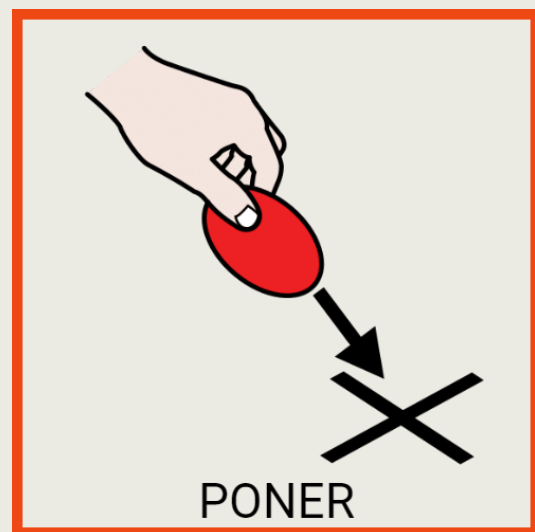
PINCEL DE COCINA

**PINCEL
DE COCINA**

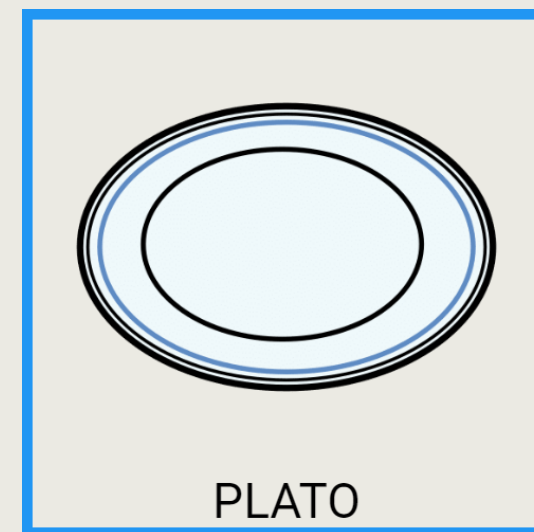
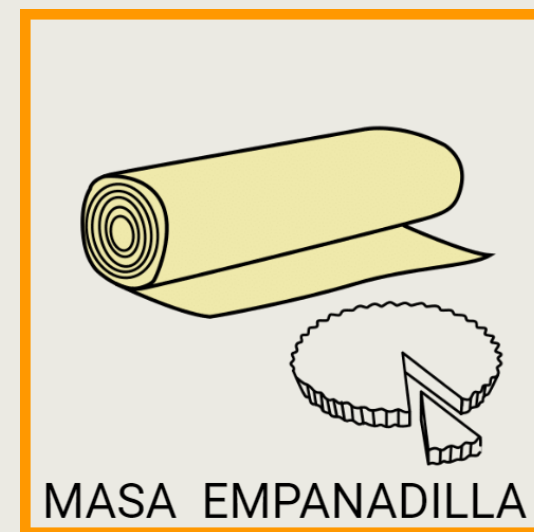
PASOS A SEGUIR



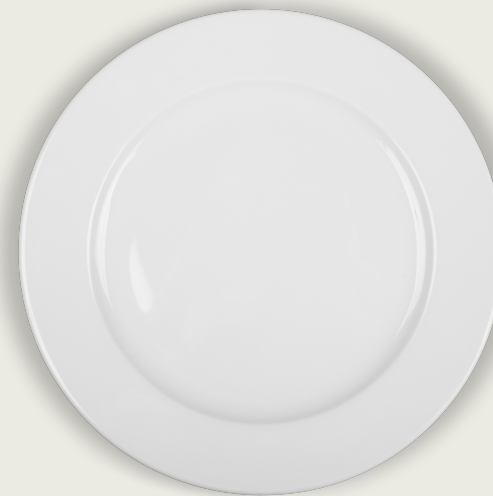
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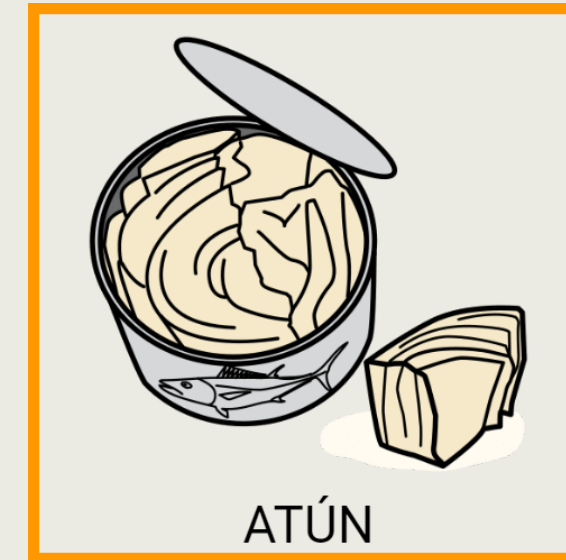
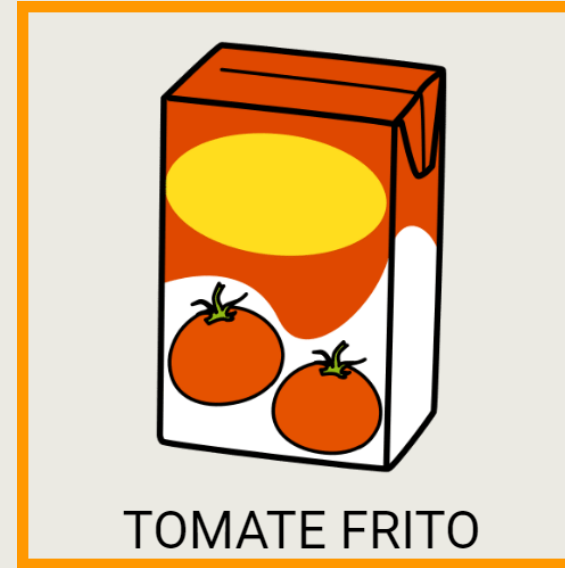
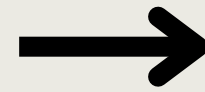
1



PONER UNA OBLEA EN EL PLATO.



2



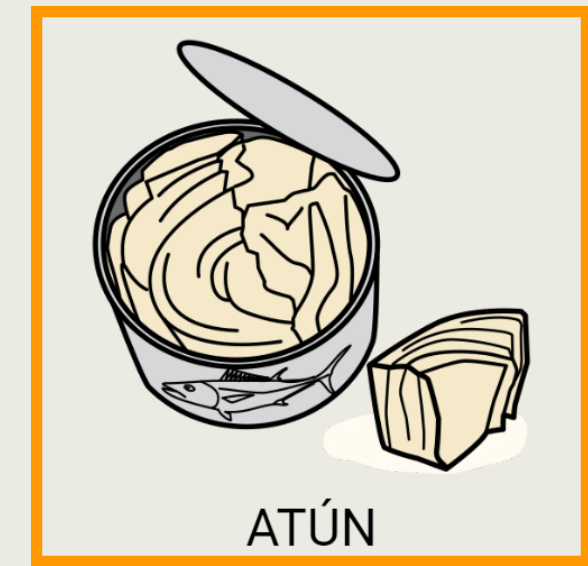
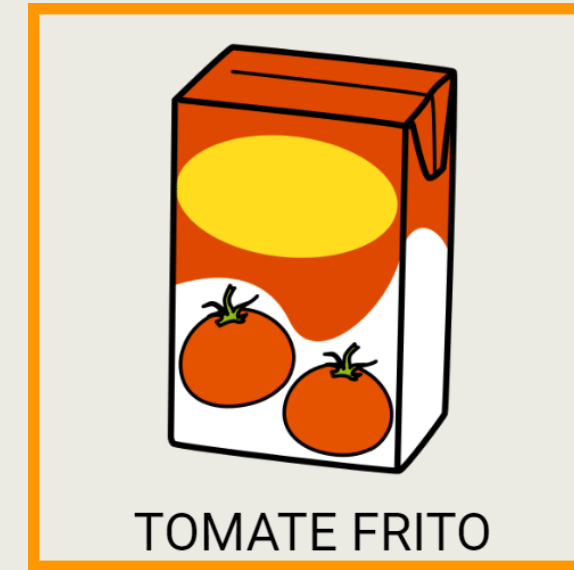
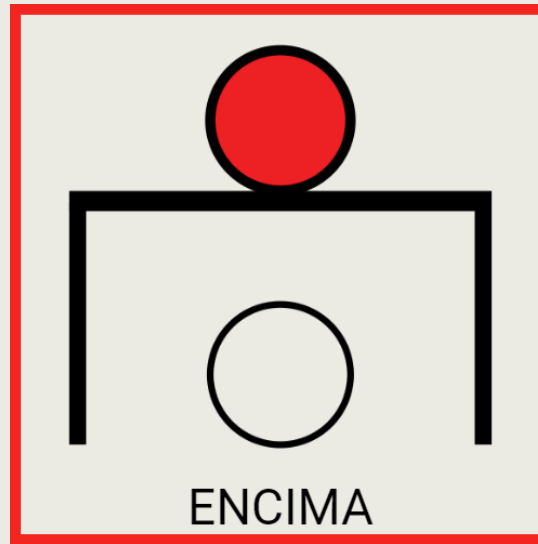
MEZCLAR EL TOMATE Y EL ATÚN.



+



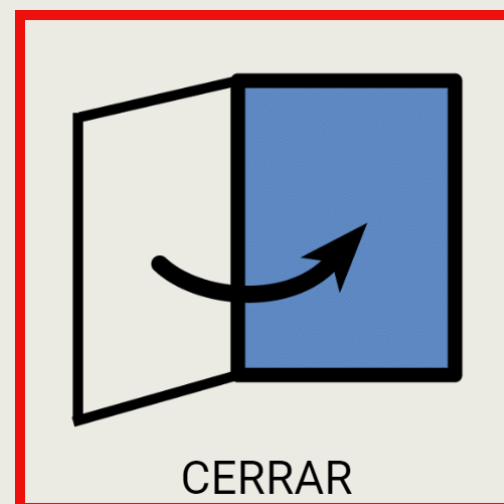
3



PONER SOBRE LA OBLEA EL ATÚN CON TOMATE.



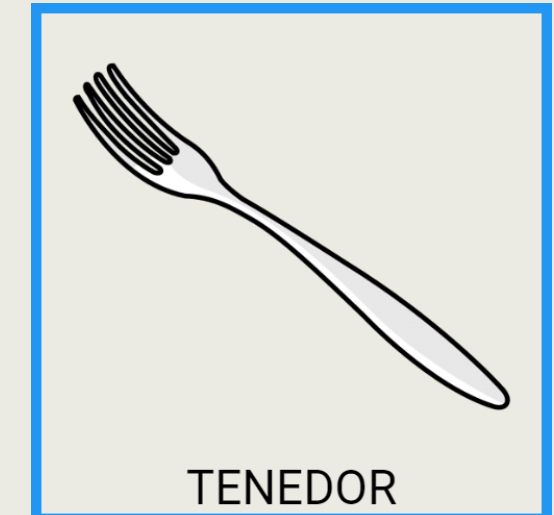
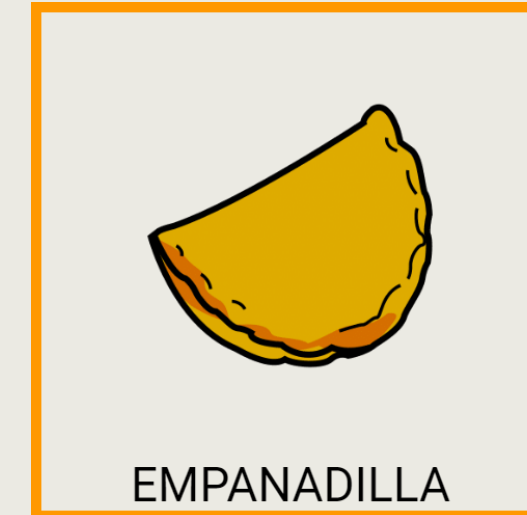
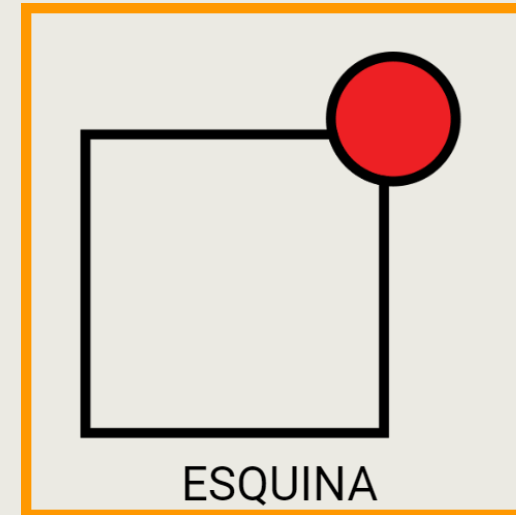
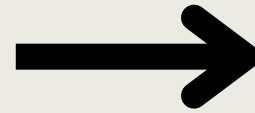
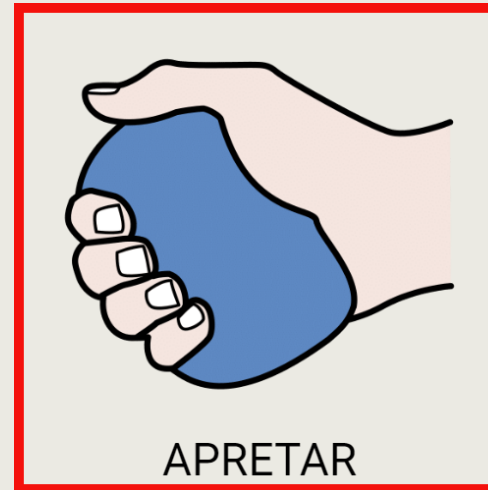
4



CERRAR LA MASA DE LA EMPANADILLA.



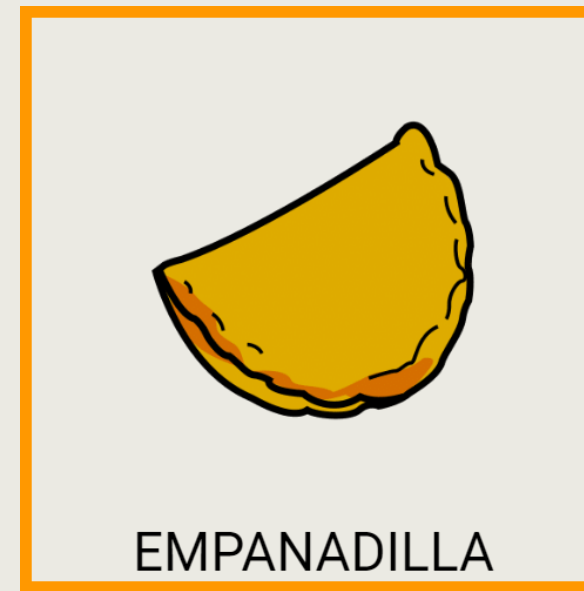
5



APRETAR LAS ESQUINAS DE LA EMPANADILLA CON UN TENEDOR.



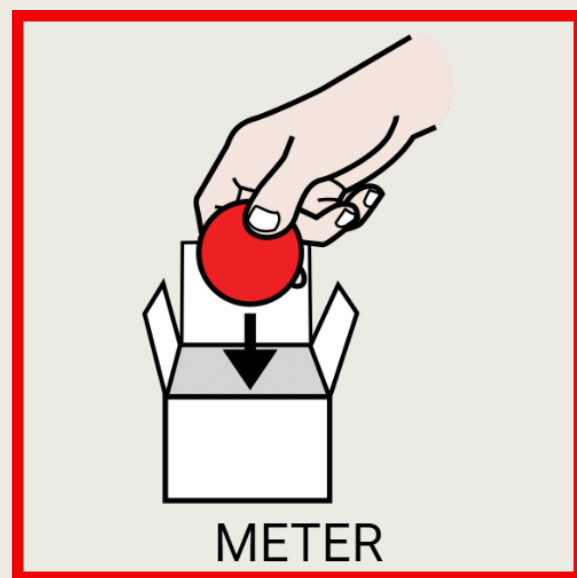
6



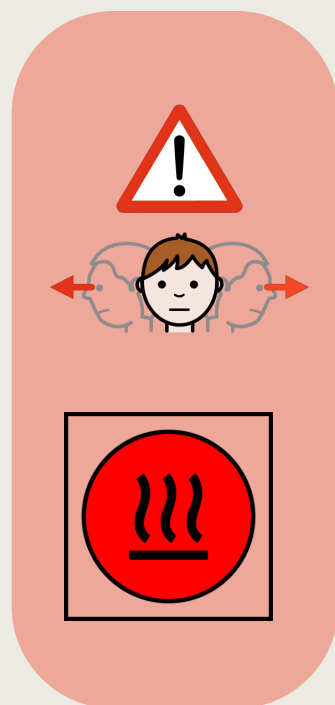
PINTAR LA EMPANADILLA CON HUEVO BATIDO.



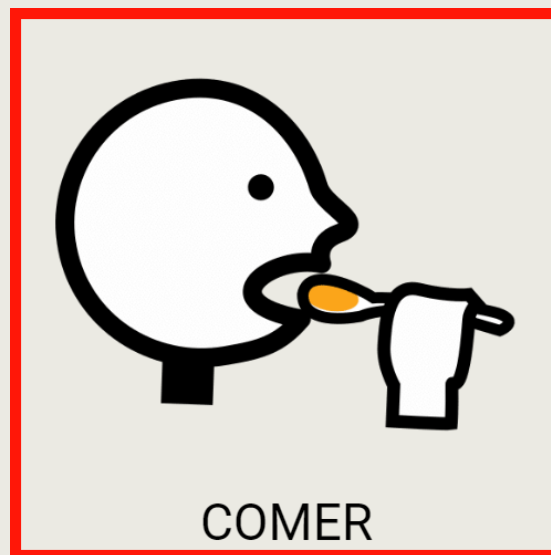
7



**METER LAS EMPANADILLAS EN LA FREIDORA DE AIRE
10 MINUTOS A 180°**



8



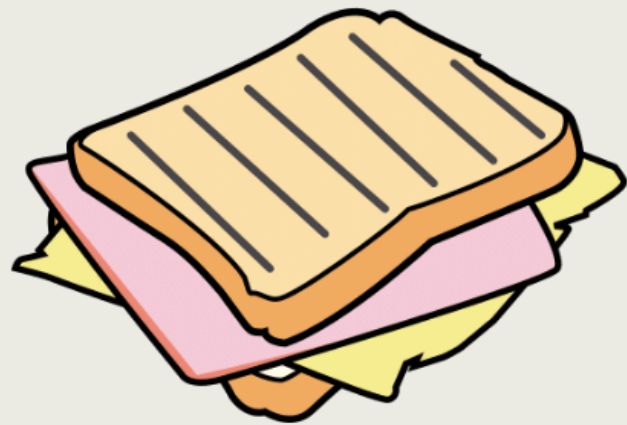
COMER LA EMPANADILLA



PREGUNTAS



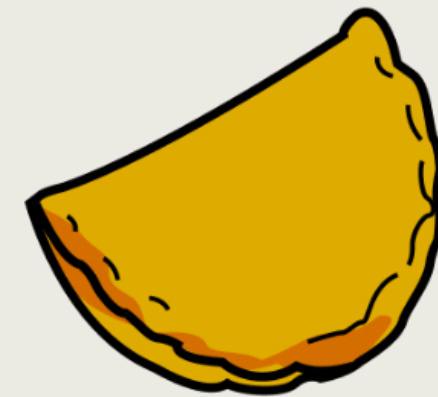
¿ QUÉ VAMOS A HACER ?



SÁNDWICH



YOGUR



EMPANADILLA

¿DE QUÉ SERÁN LAS EMPANADILLAS?

