

## Arepas Rellenas

Stuffed thick corn pancakes, 8 units

### Ingredients:

#### For the arepa:

200 gr corn flour  
water, salt  
parsley and/or cilantro to garnish  
vegetable oil

#### Chicken stuffing:

200 gr cooked chicken breast  
30 gr mayonnaise  
50 gr carrot  
pepper

#### Vegetable stuffing:

1 avocado  
100 gr onion  
10 cilantro leaves  
half lime juice  
1 garlic clove  
1 celery stalk  
salt and pepper

### Tips:



The arepas ready to fry.



Arepas with the 2 stuffings.

### Preparation:

1. In a bowl, add corn flour and half a tsp of salt and mix. Add half a cup of water and mix. Add more water little by little, until the dough stays fluffy. We will need about 300 ml of water.
2. Split the dough in 4 little balls and mash them in with the hands, until the slices are thick as a finger. You could also use a mold.
3. In a pot at medium heat, heat up half a tbs of oil. Fry the arepas (slices) on one side until slightly golden. Turn them over and brown on the other side.
4. Remove the arepas from the pan and cut them in the middle just 3/4, like for a sandwich.

#### Chicken stuffing preparation:

1. Using a grater, grate the carrot.
2. Cut the chicken in small pieces.
3. Mix all the ingredients with mayonnaise and pepper to taste.

#### Vegetable stuffing preparation:

1. Peel the avocado and cut it in 1 cm cubes.
2. Finely chop the onions and celery. Roughly chop the cilantro. Cut the tomato into small cubes.
3. Mix all the ingredients, add salt and pepper to taste and finally squeezed the lime.

Fill the arepas with stuffings. Garnish with some parsley and/or cilantro