



# UCCOOK

## Turkish Lamb Gozleme

with Danish-style feta & spring onion

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Flight Centre

**Wine Pairing:** Nitída | Pinot Noir

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 705kJ    | 3999kJ      |
| Energy             | 169kcal  | 957kcal     |
| Protein            | 11.2g    | 63.8g       |
| Carbs              | 14g      | 81g         |
| of which sugars    | 1.5g     | 8.6g        |
| Fibre              | 1.2g     | 6.7g        |
| Fat                | 7.7g     | 43.5g       |
| of which saturated | 3.5g     | 19.9g       |
| Sodium             | 149mg    | 843mg       |

**Allergens:** Cow's Milk, Gluten, Allium, Wheat

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                       |
|----------|------------|-------------------------------------------------------------------------------------------------------|
| 140ml    | 280ml      | Self-raising Flour                                                                                    |
| 80ml     | 160ml      | Greek Yoghurt                                                                                         |
| 6g       | 10g        | Mixed Herbs<br><i>(3g [5g] Fresh Mint &amp; 3g [5g] Fresh Parsley)</i>                                |
| 1        | 2          | Spring Onion/s<br><i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i> |
| 1        | 2          | Garlic Clove/s<br><i>peel &amp; grate</i>                                                             |
| 150g     | 300g       | Free-range Lamb Mince                                                                                 |
| 7,5ml    | 15ml       | Spice Mix<br><i>(2,5ml [5ml] Smoked Paprika &amp; 5ml [10ml] Ground Cumin)</i>                        |
| 10ml     | 20ml       | Tomato Paste                                                                                          |
| 40g      | 80g        | Spinach<br><i>rinse &amp; roughly shred</i>                                                           |
| 15ml     | 30ml       | Lemon Juice                                                                                           |
| 1        | 2          | Tomato/es<br><i>rinse &amp; roughly dice</i>                                                          |
| 30g      | 60g        | Danish-style Feta<br><i>drain &amp; crumble</i>                                                       |

## From Your Kitchen

Oil (cooking, olive & coconut)  
Water  
Butter (optional)  
Cling Wrap  
Seasoning (salt & pepper)

**1. DOUGH-LICIOUS** Set aside 1 [2] tbsp of flour. Place the remaining flour in a bowl with a good pinch of salt. Mix in 30ml [60ml] of the yoghurt and combine into a sticky ball. Gradually mix in water in 5ml increments until just combined. Set aside the remaining yoghurt. Use ½ the reserved flour to dust a flat surface. Place the dough on top and knead until smooth. Divide the dough into 2 [4] pieces, cover with cling wrap and set aside. Rinse, pick, and roughly chop the mixed herbs. Mix ½ the herbs through the reserved yoghurt, season, and set aside.

**2. LUSCIOUS LAMB** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the spring onion whites and the garlic until fragrant and browned, 1-2 minutes (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 6-7 minutes (shifting occasionally). Stir through the spice mix, the tomato paste, and the spinach, and cook until wilted, 2-3 minutes (shifting occasionally). Add the lemon juice (to taste) and seasoning. Remove from the pan and set aside.

**3. PREP STEP** Spread the remaining reserved flour across a flat surface. Place the dough balls on top and use a rolling pin or bottle to shape into rough rectangles, 12-15cm wide.

**4. CRISPY GOZLEME** Place a pan over high heat. When hot, fry the flatbreads one at a time until cooked through and lightly crisped, 2 minutes per side. Smear butter or a drizzle of olive oil over the flatbread.

**5. TASTY TURKISH MEAL** Plate up the flatbread. Spoon over the lamb mixture, the remaining herbs, the spring onion greens, and the tomato. Dollop over the herby yoghurt, and scatter over the feta.