



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 <i>(3g [5g] Fresh Mint & 3g [5g] Fresh Parsley)</i>
1	2	Spring Onion/s <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
1	2	Garlic Clove/s <i>peel & grate</i>
150g	300g	Free-range Lamb Mince
7,5ml	15ml	Spice Mix <i>(2,5ml [5ml] Smoked Paprika & 5ml [10ml] Ground Cumin)</i>
10ml	20ml	Tomato Paste
40g	80g	Spinach <i>rinse & roughly shred</i>
15ml	30ml	Lemon Juice
1	2	Tomato/es <i>rinse & roughly dice</i>
30g	60g	Danish-style Feta <i>drain & 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.