



# UCCOOK

## Turkish Lamb Gozleme

with Danish-style feta & spring onion

**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Samantha du Toit

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Estate Merlot

### Nutritional Info

	Per 100g	Per Portion
Energy	551kj	4251kj
Energy	132kcal	1017kcal
Protein	8.6g	66.2g
Carbs	13g	99g
of which sugars	1.8g	13.7g
Fibre	1.7g	12.8g
Fat	5.7g	43.9g
of which saturated	2.6g	19.9g
Sodium	110mg	849mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
420ml	560ml	Self-raising Flour
240ml	320ml	Greek Yoghurt
16g	20g	Fresh Herb Mix <i>(8g [10g] Fresh Mint &amp; 8g [10g] Fresh Parsley)</i>
3	4	Spring Onions <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
3	4	Garlic Cloves <i>peel &amp; grate</i>
450g	600g	Free-range Lamb Mince
22,5ml	30ml	Spice Mix <i>(7,5ml [10ml] Smoked Paprika &amp; 15ml [20ml] Ground Cumin)</i>
30ml	40ml	Tomato Paste
120g	160g	Spinach <i>rinse &amp; roughly shred</i>
2	2	Lemons <i>rinse, zest &amp; cut 1½ [2] into wedges</i>
3	4	Tomatoes <i>rinse &amp; roughly dice</i>
90g	120g	Danish-style Feta <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 90ml [120ml] 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 6 [8] 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, 2-3 minutes (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 7-8 minutes (shifting occasionally). Stir through the spice mix, the tomato paste, and the spinach, and cook until wilted, 3-4 minutes (shifting occasionally). Add a squeeze of lemon juice, the lemon zest (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, scatter over the crumbled feta, and finish with a squeeze of lemon juice.