



# 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:** 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 3 | [Serves 4] |                                                                                                      |
|----------|------------|------------------------------------------------------------------------------------------------------|
| 420ml    | 560ml      | Self-raising Flour                                                                                   |
| 240ml    | 320ml      | Greek Yoghurt                                                                                        |
| 16g      | 20g        | Fresh Herb Mix<br>(8g [10g] Fresh Mint & 8g [10g] Fresh Parsley)                                     |
| 3        | 4          | Spring Onions<br><i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i> |
| 3        | 4          | Garlic Cloves<br><i>peel &amp; grate</i>                                                             |
| 450g     | 600g       | Free-range Lamb Mince                                                                                |
| 22,5ml   | 30ml       | Spice Mix<br>(7,5ml [10ml] Smoked Paprika & 15ml [20ml] Ground Cumin)                                |
| 30ml     | 40ml       | Tomato Paste                                                                                         |
| 120g     | 160g       | Spinach<br><i>rinse &amp; roughly shred</i>                                                          |
| 45ml     | 60ml       | Lemon Juice                                                                                          |
| 3        | 4          | Tomatoes<br><i>rinse &amp; roughly dice</i>                                                          |
| 90g      | 120g       | 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 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 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.