

UCOOK

Turkish Lamb Gozleme

with Danish-style feta & spring onion

With one of the oldest culinary histories, Turkish food combines opulent flavours with seasonal fresh produce to produce a very diverse range of dishes. Today we'll show you how to make a gorgeous gozleme, a savoury homemade flatbread. This will be topped with tomato, paprika & cumin lamb mince. The richness is balanced with zesty lemon juice, a herb-infused yoghurt, and creamy crumbings of feta.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

 Painted Wolf Wines | The Den Cabernet Sauvignon 2022

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Ingredients & Prep

140ml	Self-raising Flour
80ml	Greek Yoghurt
6g	Mixed Herbs <i>(3g Fresh Mint & 3g Fresh Parsley)</i>
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
1	Garlic Clove <i>peel & grate</i>
150g	Free-range Lamb Mince
7,5ml	Spice Mix <i>(2,5ml Smoked Paprika & 5ml Ground Cumin)</i>
10ml	Tomato Paste
20g	Spinach <i>rinse & roughly shred</i>
1	Lemon <i>rinse, zest & cut ½ into wedges</i>
1	Tomato <i>rinse & roughly dice</i>
30g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Butter (optional)
Cling Wrap

1. DOUGH-LICIOUS Set aside 1 tsp of flour. Place the remaining flour in a bowl with a good pinch of salt. Mix in 30ml 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 pieces, cover with cling wrap, and set aside. Rinse, pick, and roughly chop the mixed herbs. Mix ½ the chopped 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 grated 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 shredded spinach, and cook until wilted, 2-3 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 chopped herbs, the spring onion greens, and the diced tomato. Dollop over the herby yoghurt, scatter over the crumbled feta, and finish with a squeeze of lemon juice.

Nutritional Information

Per 100g

Energy	643kJ
Energy	154kcal
Protein	10.1g
Carbs	14g
of which sugars	1.6g
Fibre	1.4g
Fat	6.9g
of which saturated	3.1g
Sodium	80mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
3 Days