



UCCOOK

Turkish Lamb Gozleme

with Danish-style feta & spring onion

Hands-on Time: 35 minutes

Overall Time: 55 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 (8g [10g] Fresh Mint & 8g [10g] Fresh Parsley)
3	4	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
3	4	Garlic Cloves <i>peel & grate</i>
450g	600g	Free-range Lamb Mince
22,5ml	30ml	Spice Mix (7,5ml [10ml] Smoked Paprika & 15ml [20ml] Ground Cumin)
30ml	40ml	Tomato Paste
120g	160g	Spinach <i>rinse & roughly shred</i>
45ml	60ml	Lemon Juice
3	4	Tomatoes <i>rinse & roughly dice</i>
90g	120g	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 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.

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, and scatter over the feta.