



# Cheese and spinach gozleme

with tomato salad



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large frying pan



Pantry items needed: olive oil, oil spray, plain flour



Hands-on: 20 minutes  
Ready in: 30 minutes



Serves: 2 or 4

A traditional style gozleme filled with our rich, house-made vegan feta and fresh baby spinach. With a twist of fresh lemon you'll be transported to a traditional bakehouse in Turkey from your own kitchen.

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## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Water*	130ml	260ml
Olive oil for dough*	2 tsp	4 tsp
Gozleme dough mix	1 packet	1 packet
Plain flour*	as needed	as needed
Oil spray*	as needed	as needed
Baby spinach	100g	200g
Gozleme feta	1 tub	1 tub
Cherry tomatoes	125g	250g
White onion	30g (half)	60g
Cucumber	150g	300g
French vinaigrette	1 tub	2 tubs
Lemon	100g	200g
Olive oil for cooking*	2 tbsp	4 tbsp

\* Pantry items

## Allergens and ingredients

Allergens: gluten, wheat, cashew.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Make dough

In a medium bowl, add **water\***, **olive oil for dough\*** and **gozleme dough mix** and mix to form a rough dough. Lightly dust benchtop with **plain flour\*** and knead dough until elastic, about **5 minutes**. Spray the bowl with **oil spray\*** (tip 1) before adding **dough**. Cover bowl with a damp tea towel and place somewhere warm for **15 minutes**.

## 2. Prepare filling

In a bowl, add **baby spinach** and scrunch using your hands to soften. Fold through **gozleme feta**.

## 3. Prepare salad

Slice **cherry tomatoes** in half. Halve **onion** and finely slice (use **½ for 2 serves** and **1 for 4 serves**). Dice **cucumber**. In a small bowl, add **cherry tomatoes**, **cucumber**, **onion** and toss through **vinaigrette**. Slice **lemon** into wedges for serving.

## 4. Make gozleme

Sprinkle benchtop with another dusting of **plain flour\***. Divide **dough** into **2 balls for 2 serves** or **4 balls for 4 serves**. Using a rolling pin (tip 2), roll the **dough** out into a rectangle, 35cm x 20cm. Divide **filling** for how many **gozleme** you are making. Place the portioned amount of **filling** onto the bottom half of each rectangle and fold over the top to form an envelope. Crimp the edges using your fingers. Dust **plain flour\*** onto a chopping board to transport **gozleme** into frying pan, one at a time.

## 5. Cook gozleme

In a large frying pan over medium heat, add **1 tbsp of olive oil for cooking\***. Once hot, slide the **gozleme** into the frying pan. Cook until golden brown, about **4 minutes** on each side. Repeat to cook the remaining **gozleme**.

## 6. Serve

Slice **gozleme** into pieces. Serve with **tomato salad** and **lemon wedges**.

## Cooking tips

1. If you don't have oil spray, use a piece of paper towel to spread olive oil around the bowl.
2. If you don't have a rolling pin, you can use a large bottle or oil spray cannister dusted with some plain flour to roll out the dough.

Eat your way  
to healthy!



**Spinach** is an extremely nutrient-rich vegetable, packing high doses of carotenoids, vitamin C, vitamin K1, B9, iron and calcium. It is also high in insoluble fiber.

Spinach has been linked to a host of health benefits; it may decrease oxidative stress, improve eye and bone health, and help prevent heart disease and cancer.

## Nutritional information\*

	Per 425g serve	Per 100g
Energy	4219kJ (1008Cal)	993kJ (237Cal)
Protein	23.7g	5.6g
Fat, total	50.1g	11.8g
- Saturated	7.7g	1.8g
Carbohydrate	108.9g	25.6g
- Sugars	9.1g	2.1g
Sodium	1167mg	275mg

\* Nutritional information is based on averages