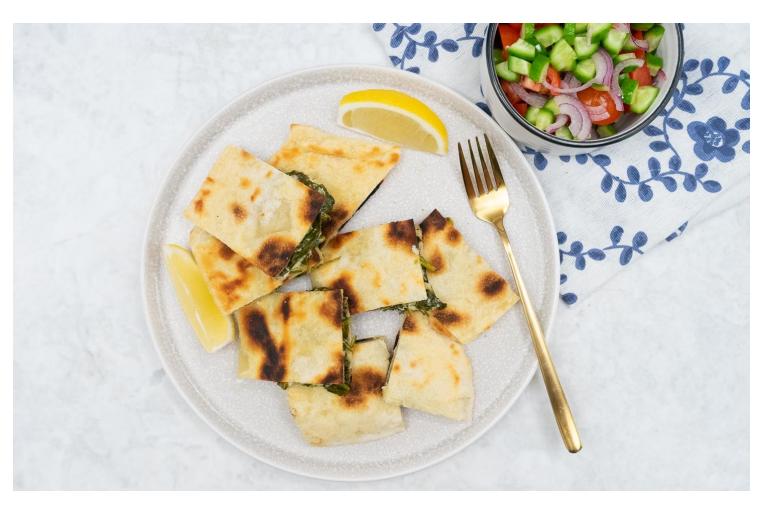
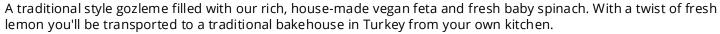


Cheese and spinach gozleme

with tomato salad







Make this dish within 5 days of receiving your meal kit



Cooking equipment: large frying



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



Hands-on: 20 minutes Ready in: 30 minutes



Serves: 2 or 4

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 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