



Middle Eastern mince gozleme

with feta and lemon



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large non-stick frying pan, baking tray



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



Hands-on: 45 minutes
Ready in: 45 minutes



Serves: 2 or 4

Our famous gozleme - now Middle Eastern style! Crispy, easy do-it-yourself pastry with a delectable filling of Middle Eastern spiced mince, Green Vie creamy feta and fresh spinach, all topped off with a dash of lemon juice. You won't believe how good this is!

HIGH PROTEIN | Adventurous

Before you start

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

Ingredients

	2 serves	4 serves
Water for dough*	130ml	260ml
Olive oil for dough*	2 tsp	4 tsp
Gozleme dough mix	1 packet	1 packet
Plain flour*	as needed for dusting	as needed for dusting
Olive oil spray*	as needed	as needed
Beef-style stock cube/s	1	2
Boiling water*	320ml	640ml
TVP mince	1 packet	1 packet
Brown onion	90g	180g
Red capsicum	150g	300g
Garlic	8g	16g
Lemon	100g	200g
Olive oil for filling*	1½ tbsp	3 tbsp
Middle Eastern spice mix	1 packet	1 packet
Baby spinach	30g	60g
Vegan feta	1 packet	1 packet
Olive oil for cooking*	1 tbsp	2 tbsp

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy.

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 for dough***, **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 bowl with **olive oil spray*** (tip 1) and add **dough**. Cover with a damp tea towel and leave in a warm place for **15 minutes**.

2. Prepare ingredients

In a bowl, add crumbled **beef-style stock cube/s** and **boiling water*** and stir to combine. Stir in **TVP mince**, cover and allow to stand for **10 minutes**. Drain **mince** in a sieve and press firmly to remove excess moisture. Finely dice **onion** and **capsicum**. Mince **garlic**. Slice **lemon** into wedges for serving.

3. Prepare filling

Preheat oven to 100°C and line a baking tray. In a large frying pan over medium heat, add **olive oil for filling***, **onion**, **capsicum** and **garlic** and sauté for **4 minutes**. Add **mince** and **Middle Eastern spice mix** and cook, stirring, until **mince** becomes crispy, about **7 minutes**. Add **baby spinach** and cook until starting to wilt. Remove from the heat.

4. Assemble gozleme

Sprinkle benchtop with a dusting of **plain flour***. Place **dough** onto bench and evenly divide 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, roughly **35cm (L) x 20cm (W)**. Evenly divide filling for the number of serves you are making. Place the portioned amount of filling onto the lower half of each **gozleme** and crumble over half a block of **feta**. Fold the top half of the **dough** over the **filling** to form an envelope. Crimp the edges using your fingers (tip 3). Dust **plain flour*** onto a chopping board to transport **gozleme** into frying pan, one at a time.

5. Cook gozleme

In a large non-stick frying pan over medium heat, add **½ tbsp** of **olive oil for cooking***. Once hot, slide the **gozleme** into the frying pan. Cover and cook until golden brown, about **3 minutes** on each side. Repeat to cook the remaining **gozleme**. Place cooked **gozleme** into oven to keep warm while cooking the remaining.

5. Serve

Slice each **gozleme** into pieces. Serve with **lemon wedges**.

Eat your way to healthy!



Capsicums are low in calories and very rich in vitamin C and other antioxidants, making them an excellent addition to a healthy diet. One capsicum provides over 170% of your RDI of vitamin C! Capsicums are also high in many other vitamins, including E, A, B6, B9, K1, and minerals, such as potassium and iron, which is absorbed better when paired with vitamin C, preventing conditions such as iron deficiency and anaemia.

Cooking tips

1. If you don't have olive oil spray, you can use olive oil and spread using a pastry brush or piece of paper towel.
2. If you don't have a rolling pin, you can use a large bottle or oil spray canister dusted with some plain flour to roll out the dough.
3. Using your fingers, pinch the dough to form a seal. If the dough is not sealing, wet your fingers to make the dough more co-operative.

Nutritional information*

	Per 400g serve	Per 100g
Energy	4339kJ (1038Cal)	1085kJ (260Cal)
Protein	42.5g	10.6g
Fat, total	37.1g	9.3g
- Saturated	15.2g	3.8g
Carbohydrate	123.0g	31.0g
- Sugars	8.0g	2.0g
Sodium	1814mg	454mg

* Nutritional information is based on averages