



for the
little ones



LAMB GozLeme

30 Minutes

2 Servings

Lamb

Toasted flatbreads filled with mildly spiced lamb mince and feta cheese served with lemon wedges and a simple salad.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	42g	44g

FROM YOUR BOX

LAMB MINCE	300g
CARROT	1
TOMATO PASTE	1 sachet
TOMATO	1
LEBANESE CUCUMBER	1
LEBANESE FLATBREAD	5-pack
FETA CHEESE	1 packet
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt, ground cumin, ground cinnamon

COOKING TOOLS

frypan

If your kids are not fans of feta cheese, you can use cheddar or mozzarella instead (or a mix)!

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option – flatbreads are replaced with GF wraps.



1. BROWN & Season the LAMB

Heat a frypan with **oil** over medium-high heat. Add **lamb mince** and cook for 5-6 minutes until browned. Season with **1 tsp ground cumin, 1/4 tsp cinnamon and salt**.



2. ADD the CARROT

Finely grate **carrot** and add to pan. Stir in **tomato paste** and **1/4 cup water**. Cook for 3-4 minutes, take off heat.

tip You can use 1/4 tsp sweetener such as maple syrup if you feel it's needed!



3. PREPARE the SALAD

Dice or slice **tomato** and **cucumber**. Toss in a bowl with **oil, salt and pepper** (see tip).

tip Add any leftover feta cheese to the salad once you have done step 4.



4. FILL the BREADS

Rub **2-3 flatbreads** with **oil** on one side. Turn over and arrange even amounts of **lamb** and crumbled **feta cheese** on one side of each **flatbread**. Fold over to cook.

tip You can add some fresh tomato or capsicum to the gozleme if you like. Freeze leftover bread.



5. TOAST the GOZLEMES

Wipe and reheat frypan over medium heat. Cook **gozlemes** for 2 minutes on each side or until golden and crispy.



6. FINISH AND SERVE

Wedge **lemon** and serve with **gozlemes** and side **salad**.

tip Use scissors to cut the gozlemes into thirds for serving. Any leftovers are great for lunchboxes!