

for the
little ones

LAMB GozLeme



30 Minutes



4/6 Servings



LAMB

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	37g/40g	32g/38g	52g/64g

FROM YOUR BOX

	4 PERSON	6 PERSON
LAMB MINCE	600g	600g + 300g
CARROT	1	2
TOMATO PASTE	1 sachet	2 sachets
TOMATOES	2	3
LEBANESE CUCUMBER	1	2
YELLOW CAPSICUM	1	2
LEBANESE FLATBREAD	5-pack	2 x 5-pack
FETA CHEESE	1 packet	2 packets
LEMON	1	1

FROM YOUR PANTRY

oil for cooking, salt, ground cumin, ground cinnamon, sweetener of choice

COOKING TOOLS

large frypan

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

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 **2-3 tsp ground cumin, 1/2-1 tsp cinnamon and salt**.



2. ADD the CARROT

Finely grate **carrot** and add to pan. Stir in **tomato paste, 1/2 tsp sweetener of choice** and **1/3 cup water**. Cook for 3-4 minutes.

6P - use **1 tsp sweetener of choice** and **1/2 cup water**.

tip We used 1 tsp maple syrup but you can use honey or sugar instead!



3. PREPARE the SALAD

Slice **tomatoes, cucumber** and **capsicum**. Layer on a serving plate.

tip Drizzle with some olive oil and dried oregano if you like. You can also dice the ingredients for a chopped style salad.



4. FILL the BREADS

Rub **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.



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 layered side **salad**.

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