



### Product Spotlight: Alfalfa Sprouts

Alfalfa sprouts are a type of legume in the sprouted form! They are delicious in sandwiches and salads and are easy to grow at home in a sprout-growing kit!



## Turkish Lamb Gozleme with Feta Cheese

Toasted flatbreads filled with lamb mince, tomato, capsicum and feta cheese, enjoy this popular street food with lemon wedges and fresh sprouts on the side!



25 minutes



2 servings



Lamb

21 April 2023

## Mix it up!

*Combine lamb mince and spices. Form into koftas and serve in flatbreads with salad ingredients and either crumbled or whipped feta cheese.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	34g	71g

## FROM YOUR BOX

LAMB MINCE	250g
LEMON	1
TOMATO PASTE	1 sachet
GREEN CAPSICUM	1
TOMATO	1
FETA CHEESE	1 packet (200g)
LEBANESE FLATBREAD	1 packet
ALFALFA SPROUTS	1 punnet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, ground cinnamon

## KEY UTENSILS

large frypan

## NOTES

Depending on the size of your frypan, you can cook 2 gozlemes at a time. You can toast the gozlemes in a sandwich press if you have one.

Serve with a tomato or capsicum relish for dipping if you like!

**No gluten option** – flatbreads are replaced with buckwheat wraps. Follow the recipe instructions, serving any leftover filling on the side.



### 1. COOK THE LAMB

Heat a frypan over medium-high heat. Add lamb mince and cook for 8–10 minutes until browned. Season with **2 tsp ground cumin, 1/2 tsp cinnamon, salt and pepper**. Zest lemon and add to taste along with tomato paste.



### 2. PREPARE THE FILLINGS

Meanwhile, finely dice capsicum and tomato. Crumble feta cheese.



### 3. ARRANGE THE FILLINGS

Rub flatbreads with **oil**. Arrange lamb mince, capsicum, tomato and crumbled feta cheese on one side of each flatbread (use to taste). Fold over to cook.



### 4. WARM THE GOZLEMES

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



### 5. FINISH AND SERVE

Wedge lemon and serve with gozlemes, any remaining fillings and sprouts (see notes).



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