



### Product Spotlight: Feta Cheese

Feta cheese is lower in calories and fat than many other cheeses and is a good source of protein, riboflavin, vitamin B12, calcium and phosphorus.



## Beef Gozleme

### with Feta Cheese and Diced Salad

Crispy, golden Lebanese flatbreads stuffed full of lightly spiced beef mince and crumbled feta cheese served with fresh diced salad.



25 minutes



2 servings



Beef

## BBQ it!

*Take your frypan outdoors and cook the beef mince on your BBQ. Filled gozleme can be warmed directly on your BBQ grill or flat plate.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	59g	27g	98g

## FROM YOUR BOX

BEEF MINCE	300g
BROWN ONION	1
RED CAPSICUM	1
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
TOMATO	1
LEBANESE CUCUMBER	1
FETA CHEESE	1 packet
LEBANESE FLATBREADS	5-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cinnamon, white wine vinegar

## KEY UTENSILS

large frypan

## NOTES

Leave the salad undressed for picky eaters.

If your frypan is large enough, you can warm 2 gozleme at a time to speed up the process!

**No gluten option** - Lebanese flatbreads are replaced with GF wraps.



### 1. BROWN THE BEEF

Heat a large frypan over medium-high heat. Add **mince** and cook for 5 minutes, using the back of a cooking spoon to break up any lumps. While mince cooks, slice **onion**, dice **capsicum** (reserve 1/2 for step 3) and crush **garlic** (see step 2).



### 2. ADD THE VEGETABLES

Add vegetables to mince along with **tomato paste**, **2 tsp paprika** and **1 tsp cinnamon**. Cook, stirring, for 5 minutes until veggies are tender. Season with **2 tsp vinegar**, **salt** and **pepper**. Reserve pan from heat.



### 3. PREPARE THE DICED SALAD

Dice **tomato** and **cucumber**. Add to a bowl with reserved capsicum and **1 tsp vinegar**. Toss to combine (see notes).

Crumble **feta** and set aside.



### 4. FILL THE GOZLEME

Rub **flatbreads** with **oil**. Arrange beef filling and crumbled feta on one side of each flatbread. Fold over to cook.



### 5. WARM THE GOZLEME

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



### 6. FINISH AND SERVE

Wedge gozleme and serve with diced salad.



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