



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
	50g	42g	66g

FROM YOUR BOX

BROWN ONION	1
RED CAPSICUM	1
GARLIC CLOVE	1
BEEF MINCE	300g
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.

Use a large frypan, two pans, or a hot plate to warm multiple gozleme at once and save time.

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



1. PREP & BROWN THE BEEF

Slice **onion**, dice **capsicum** (reserve half) and crush **garlic**.

Heat a large frypan over medium-high heat. Add **beef mince** and cook for **5 minutes**, breaking up lumps.



2. ADD THE VEGETABLES

Add **onion**, **half capsicum** and **garlic**. Stir in **tomato paste**, **1-2 tsp paprika** and **1/2 tsp cinnamon**. Cook **5 minutes** until tender. Season with **1 tsp vinegar**, **salt**, and **pepper**. Remove 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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