



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



4 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	20g	75g

FROM YOUR BOX

BEEF MINCE	600g
BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVES	2
TOMATO PASTE	1 sachet
TOMATO	1
LEBANESE CUCUMBERS	2
RED CAPSICUM	1
FETA CHEESE	1 packet
LEBANESE FLATBREADS	5-pack



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**, grate **zucchini** and crush **garlic** (see step 2).



2. ADD THE VEGETABLES

Add prepared vegetables to mince along with **tomato paste**, **3 tsp paprika** and **1 1/2 tsp cinnamon**. Cook, stirring, for 5 minutes until veggies are tender. Season with **1 tbsp vinegar**, **salt and pepper**. Remove pan from heat.



3. PREPARE THE DICED SALAD

Dice **tomato**, **cucumbers** and **capsicum**. Toss with **2 tsp vinegar** to combine (see notes).

Crumble **feta** and set aside.

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.



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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