



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



4/6 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
	44g	31g	59g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
ZUCCHINI	1	1
RED CAPSICUM	1	2
GARLIC CLOVES	2	3
BEEF MINCE	600g	600g + 300g
TOMATO PASTE	1 sachet	2 sachets
TOMATO	1	2
LEBANESE CUCUMBERS	2	3
FETA CHEESE	1 packet	2 packets
LEBANESE FLATBREADS	1 packet	2 packets

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.
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**, grate **zucchini**, 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**, **zucchini** and **garlic**. Stir in **tomato paste**, **2 tsp paprika** and **1 tsp cinnamon**. Cook **5 minutes** until tender. Season with **2 tsp vinegar**, **salt**, and **pepper**. Remove from heat.

6P – use **3 tsp paprika**, **1 1/2 tsp cinnamon**, **3 tsp vinegar**.



3. PREPARE THE DICED SALAD

Dice **tomato** and **cucumber**. Toss with reserved **capsicum** in a bowl with **1-2 tsp vinegar**.

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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