

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



**Product Spotlight:  
Lebanese Flatbreads**

These delicious flatbreads are baked fresh and without preservatives. Store them in the fridge or freezer until you need them (they defrost very quickly) to ensure they stay fresh.



# 1 Turkish Beef Gozlemes with Feta Cheese

Toasted flatbreads filled with beef mince, spinach and feta cheese. Enjoy this popular street food with tomato relish and fresh sprouts on the side!




25 minutes   2 servings   Beef

19 November 2021

**Switch it up!**

*You can combine the relish with some mayonnaise for a creamier dipping sauce. Serve the gozlemes with lemon wedges if you have some!*

## FROM YOUR BOX

SPRING ONION	1 *
BEEF MINCE 	300g
TOMATO	1
GREEN CAPSICUM	1/2 *
FETA CHEESE	1/2 packet (100g) *
TOMATO RELISH	1 jar
BABY SPINACH	1/2 bag (60g) *
LEBANESE FLATBREADS	3
ALFALFA SPROUTS	1/2 punnet *
 SLICED MUSHROOMS	1 punnet
 PINE NUTS	1 packet (40g)

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

## KEY UTENSILS


large frypan

## NOTES

You can cook the gozlemes in a sandwich press if you have one.

**No beef option** - beef mince is replaced with chicken mince.

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

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



### 1. COOK THE BEEF


Heat a frypan over medium-high heat. Slice and add spring onion along with beef mince and **1/2 tbsp cumin**. Cook for 10 minutes. Season with **salt and pepper**.

 **VEG OPTION** - Add mushrooms to pan and cook as above for 6-8 minutes.



### 2. PREPARE THE FILLING

Meanwhile, dice tomatoes and capsicum. Crumble feta cheese.

 **VEG OPTION** - Prepare filling as above. Set aside with pine nuts.



### 3. STIR IN THE SPINACH


Stir **1 tbsp** relish into beef mince and add spinach. Cook until wilted then transfer to a bowl. Wipe out frypan and reserve for step 5.

 **VEG OPTION** - Stir in **1 tbsp** relish and spinach. Cook as above.



### 4. FILL THE GOZLEMES

Rub flatbreads with **oil**. Place 1/2 cup beef mince on one side of the flatbread. Scatter with capsicum, tomatoes and feta (use to taste and toss any remaining ingredients together as a salad).

 **VEG OPTION** - Prepare as above with mushroom mixture. Scatter with prepared fillings.




### 5. WARM THE GOZLEMES

Re-heat frypan over medium-heat (see notes). Fold over flatbread and cook in the pan for 2 minutes each side, or until golden and crispy. Depending on your frypan size, you can cook 2 at a time.



### 6. FINISH AND SERVE

Slice gozlemes and serve with any salad, relish and sprouts.

 **VEG OPTION** - Slice gozlemes and serve with any salad, relish and sprouts.

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