

Gozleme

AMBER ACT/SA / EVERYDAY NSW

Makes 18 medium gozleme

Ingredients:

For dough:

- 4 cups wholemeal flour
- 2 cups Greek yoghurt, reduced-fat
- 1 cup warm water
- 4 tablespoons olive oil

For filling:

- 600g spinach
- 1 cup light tasty cheese, grated
- 100g light feta, diced
- Lemon wedges, to serve

Method:

1. To make the dough, mix the flour, yoghurt and warm water in a bowl until well combined.
2. Separate mixture into 18 portions and roll each into a ball. Cover with a damp tea-towel and refrigerate for 10 minutes.
3. On a floured surface, knead mixture to form a soft dough. Add more flour if required.
4. In a separate bowl, mix together the spinach, shredded cheese and feta to create the filling.
5. Using a rolling pin, roll each dough ball into a thin flat circle.
6. Top half of each dough circle with the spinach and cheese filling, leaving a space around the edges.
7. Fold each dough circle in half, pressing edges with a fork to seal.
8. Heat a fry pan on medium heat with olive oil. Place gozeleme (as many fit to the size of your pan) onto the pan and cook for 3 minutes or until golden brown. Flip and cook for further 2 minutes. Repeat until all gozeleme are cooked.
9. Leave to cool for 5 minutes before serving with a drizzle of lemon juice.

Variations:

- Substitute filling with other ingredients such as cooked mince, tomatoes, red capsicum, grated carrot, shredded chicken or sliced mushroom.

Nutrition information:

	Per serve (120g)	Per 100g
Energy (kJ)	797	664
Protein (g)	10.0	8.3
Fat – total (g)	5.9	4.9
Saturated (g)	2.1	1.7
Carbohydrates – total (g)	21.9	18.2
Sugar (g)	4.1	3.4
Sodium (mg)	126	105
Fibre (g)	4.9	3.8