



Lamb, haloumi & spinach gozleme

Ingredients: (Serves 4)

1 tablespoon olive oil, plus 1 tablespoon extra
400g lamb mince
4 garlic cloves, finely chopped
1 tablespoon ground cumin
1 teaspoon ground cinnamon
pinch of salt
2 cups baby spinach
100g haloumi, grated
½ bunch of parsley, leaves picked
½ bunch of mint, leaves picked
1 lemon, zested then cut into wedges
¼ cup chilli sauce, to serve

For the gozleme dough:

250g reduced-fat Greek yoghurt
pinch of salt
2 cups self-raising flour

Method:

1. For the gozleme dough, combine yoghurt and salt in a large bowl. Gradually add flour a few tablespoons at a time and mix until a rough dough forms. Turn dough out onto a lightly floured surface and knead for 2-3 minutes or until soft and slightly tacky. Place the dough in a lightly floured bowl, cover with a clean tea towel and set aside for 30 minutes.
2. Meanwhile, make the gozleme filling. Heat one tablespoon oil in a large frying pan over medium-high heat. Cook lamb, breaking up lumps with a wooden spoon, for 4-5 minutes or until browned and cooked through. Add garlic, cumin, cinnamon and salt and cook for a further minute or until fragrant. Stir through spinach until wilted, then transfer mixture to a large bowl. Add haloumi, parsley, mint and lemon zest.
3. Divide dough into four even balls. Dust extra flour on bench and roll each ball into a 20cm circle using a rolling pin. Place a quarter of the filling on one side of the circle and fold over dough. Seal the edges with a fork. Repeat with remaining dough and filling. Heat one tablespoon oil in a large frying pan over medium heat. Cook gozleme for 3-4 minutes each side or until golden and warmed through.
4. To serve, cut gozleme into halves and serve chilli sauce and lemon wedges.

Nutrition Information: (Per serve)

Energy:	2698kJ (644cal)	Protein:	39.1g	Total Fat:	24.0g
Saturated Fat:	7.6g	Carbohydrate:	62.2g	Sugars:	11.7g
Fibre:	6.9g	Sodium:	1829mg		