

Hayden Quinn's zucchini Turkish gozleme

★★★★★ 1 rating

Prep
10m

Cook
25m

Serves
4



Ingredients (15)

- ¼ cup (60ml) extra virgin olive oil, plus extra to drizzle
- 650g zucchini, coarsely grated
- 2 garlic cloves, crushed
- 1 tsp chilli flakes, plus extra to serve
- 80g spinach leaves, shredded
- 200g feta, crumbled
- 100g ricotta
- 1 tsp ground cumin
- 1 egg, lightly beaten
- 1/2 bunch flat-leaf parsley, leaves chopped
- Zest of 1 lemon, plus extra lemon wedges to serve
- 4 large soft wholegrain flour tortillas
- Yoghurt, to serve
- Chopped red and green chillies, to serve
- Micro coriander (or coriander), to serve

Method

Step 1

Place the zucchini in a piece of muslin or clean Chux and squeeze to remove excess liquid. Heat 2 tbs oil in a frypan over medium heat. Add the zucchini, garlic, chilli flakes and spinach and cook for 2-3 minutes until softened. Season and set aside to cool slightly.

Step 2

Combine the feta, ricotta, cumin, egg, parsley and zest in a bowl. Season. Add the zucchini mixture. Wipe the frypan clean then place over medium-high heat with 1 tsp oil. Add one tortilla to the pan. Spread a quarter of the filling over one half and fold in half to enclose. Cook for 3-4 minutes, then using a wide spatula turn and cook on the other side for a further 2-3 minutes until golden.

Step 3

Repeat with remaining oil, filling and tortillas. Slice the gozleme and serve with yoghurt, lemon wedges, chillies, chilli flakes, micro coriander and a drizzle of oil.

Nutritional information

NUTRITION PER SERVING

%Daily Value#

Energy	2029 kj (485cal)	23%	Zinc	3.3mg	27%
Protein	17.6g	35%	Phosphorus	455.4mg	46%
Total Fat	33.6g	48%	Vitamin A	1000µg	133%
Saturated	12.8g	53%	Vitamin C	80.9mg	202%
Cholesterol	0.1g	-	Thiamin B1	1mg	91%
Carbohydrate Total	31.0g	10%	Riboflavin B2	1mg	59%
Sugars	6.1g	7%	Niacin B3	3.7mg	37%
Dietary Fiber	6.8g	23%	Vitamin B6	1mg	63%
Sodium	851.5mg	37%	Folic Acid B9	167.2	84%
Calcium	474.3mg	59%	Vitamin B12	1.1µg	55%
Magnesium	104.1mg	33%	Vitamin D	0.4µg	4%
Potassium	850.9mg	-	Vitamin E	3.5mg	35%
Iron	3.9mg	33%	Vitamin K	230.1µg	288%

Nutrition information and Health Score does not include ingredients listed as to serve or any serving suggestions.

Nutrition information is calculated using an ingredient database and should be considered an estimate.

The % daily values indicates how much of a nutrient in a food serving contributes to a daily diet, based on general nutritional advice for a diet of 2100 calories a day.

* Health Scores are calculated on a 1-10 scale based on nutrient density and USDA (global standard) recommendations for a healthy diet. A higher Health Score indicates a healthier recipe. The value is based on the impact of macronutrients and micronutrients in the recipe.