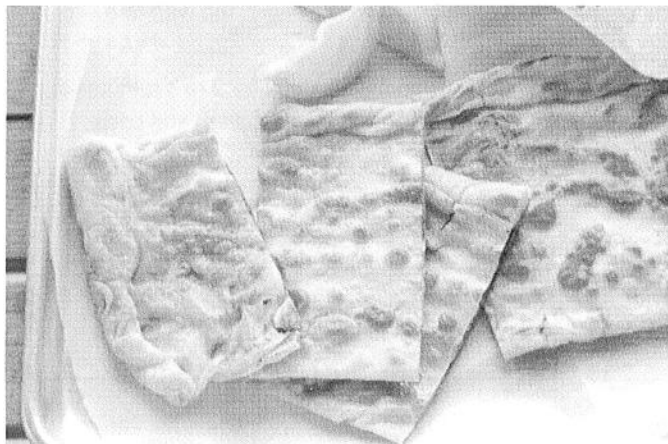


Spinach and feta gozleme



Nutrition

Energy 2884kj	Fat saturated 11.00g
Fat Total 32.00g	Carbohydrate sugars 1.00g
Carbohydrate Total 78.00g	Dietary Fibre g
Protein 21.00g	Cholesterol mg
Sodium 599.85mg	

TO PREP

0:45

TO COOK

0:20

SERVINGS

4

All nutrition values are per serve.

A traditional Turkish pastry with a savoury filling of feta cheese and spinach.

DOUBLE RECIPE

Ingredients

8g sachet instant dried yeast
pinch of salt
1 teaspoon caster sugar
3 cups plain flour
1/3 cup olive oil (see tip)
100g baby spinach
200g feta cheese, crumbled
lemon wedges, to serve

add mint also

coles i

Looks like your closest store is **Coles Central Melbourne Central, 3000**.

Lemons 1 each

\$1.00 per 1ea



Baby Spinach Leaves loose approx. 200g

\$17.00 per 1kg



i Prices available at displayed Coles store, may not be available at other stores or coles.com.au. Specials commence at 7am on start date, but may start before or extend beyond displayed dates. While stocks last. We reserve the right to limit sale quantities. Multi save price only available when purchased in the multiples specified.

i Prices accurate as at: 24/08/2016

Method

1. Combine 300ml warm water, yeast, salt and sugar in a jug. Stir with a fork. Cover. Stand in a warm, sunny place for 5 minutes or until bubbles form on the surface.
2. Sift flour into a large bowl. Add yeast mixture and 2 tablespoons oil. Mix to form a soft dough. Turn dough onto a lightly floured surface. Knead for 5 minutes or until elastic. Cut dough into 4. Place on a greased baking tray. Cover with a clean tea towel. Stand in a warm, sunny place for 20 minutes or until dough doubles in size.
3. Roll each piece dough into a 35cm x 45cm rectangle. Place one-quarter of spinach over half of each rectangle. Top with feta and season with salt and pepper. Fold dough over to enclose filling. Press edges together to seal.
4. Preheat a barbecue plate on medium-high heat. Brush one side of each gozleme with 2 teaspoons oil. Cook for 2 to 3 minutes or until base is golden. Brush uncooked side with remaining oil. Turn over and cook for 2 to 3 minutes or until golden and crisp. Remove to a serving plate. Cut gozleme into quarters. Serve with lemon wedges.

Notes

Tip: Try rice bran oil instead of olive oil. This versatile oil is high in antioxidants and cholesterol-lowering plant sterols.

Ratings & Comments

4,5 LuizLadeira rated this recipe at 09:24am Sat 11th June, 2016

4,5 Dayanlavalu added this comment at 04:38pm Tue 22nd March, 2016

Very easy to make and delicious

4 volendoviaggi added this comment at 08:00pm Mon 23rd November, 2015

Delicious and easy to so for Sunday brunch!!

4,5 Lou_H added this comment at 09:39pm Thu 12th November, 2015

This is a great recipe. I find that the secret is in the rolling. Roll these babies really thin - and then roll them once they are 'filled' - this flattens the ingredients and makes them cook up really nicely. Great lunchbox food, this one.

4 chicachow added this comment at 06:48pm Wed 12th August, 2015

Great basic recipe. I add some dried herbs and use a lemon infused olive oil. Small amounts of cooked lamb with paprika makes a nice filling and though not traditional a teaspoon of Thai red curry brings lamb alive. Delicious. I used a thermomix