

Spinach and feta gozleme

★★★★★ 91 ratings

Prep	Cook	Serves
45m	20m	4



Ingredients Method

(8)

- 8g sachet instant dried yeast
- pinch of salt
- 1 tsp caster sugar
- 3 cups plain flour
- 1/3 cup olive oil (see tip)
- 100g baby spinach

Step 1

Combine 300ml warm water, **8g sachet instant dried yeast**, **pinch of salt** and **1 tsp caster 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.

Step 2

Sift **3 cups plain 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.

- 200g Coles Dairy Cheese Feta Australian Style, crumbled
- lemon wedges, to serve

Step 3

Roll each piece dough into a 35cm x 45cm rectangle. Place one-quarter of **100g baby spinach** over half of each rectangle. Top with **200g Dairy Cheese Feta Australian Style, crumbled** and season with salt and pepper. Fold dough over to enclose filling. Press edges together to seal.

Step 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, to serve.**

Recipe notes

What is Gozleme?

Gozleme is a savoury Turkish flatbread that is stuffed with a variety of different toppings. The dough is a simple one - made with water, yeast, salt, olive oil, sugar and flour.

How do you pronounce Gozleme?

The pronunciation of Gozleme is heavily debated. In Turkish, the phonetic pronunciation is goh-z-leh-may. There is also a slight 'j' sound to the 'z'.

What other fillings go in Gozleme?

Traditionally, other popular Gozleme fillings include ground mince, onions, capsicum, and mushrooms. You can try out a bunch of recipes to decide which ones are your favourites. Here are some of our favourites:

- Beef and spinach gozleme
- Lamb, silverbeet and feta gozleme
- Lamb gozleme one pan pie

I have too much dough, what should I do with it?

Great news! Dough can last up to 4 months in the freezer. Some of our team actually like to prepare too much dough so that next time they're craving this delicious dish, they have dough ready to go!

Do I have to use olive oil?

A great substitute that I recommend everyone tries is rice bran oil! This versatile oil is has some fantastic health benefits as it is high in antioxidants and cholesterol-lowering plant sterols.

Nutritional information

NUTRITION PER SERVING			%Daily Value#		
Energy	2778 kj (664cal)	32%	Zinc	2.3mg	19%
Protein	17.9g	36%	Phosphorus	286.1mg	29%
Total Fat	30.6g	44%	Vitamin A	766.6µg	102%
Saturated	9.4g	39%	Vitamin C	12.4mg	31%
Cholesterol	0.0g	-	Thiamin B1	1mg	91%
Carbohydrate Total	78.5g	25%	Riboflavin B2	1mg	59%
Sugars	1.6g	2%	Niacin B3	6.4mg	64%
Dietary Fiber	3.2g	11%	Vitamin B6	0mg	0%
Sodium	649.7mg	28%	Folic Acid B9	348.2	174%
Calcium	286.1mg	36%	Vitamin B12	0.8µg	40%
Magnesium	50.7mg	16%	Vitamin D	0.2µg	2%
Potassium	275mg	-	Vitamin E	3.3mg	33%
Iron	5.6mg	47%	Vitamin K	133.2µg	166%

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.