

Gozleme - chicken or mushroom filling

Applecross Senior High School - Cre Millar

Traffic light category: **Green**

Serves: 20

Ingredients -spinach base

- 1 tablespoon polyunsaturated oil
- 1 leek, very finely chopped
- 2 tablespoons garlic, minced
- 2 teaspoons salt reduced vegetable stock powder
- 1kg frozen spinach
- 600g reduced fat cheese, grated
- 20 x 10" tortillas

Method - spinach base

1. Add oil, leek and garlic to pan, saute for two minutes or until leek is soft
2. Add the stock and spinach, cook on medium heat stirring until the spinach is heated through.

Method - chicken filling

1. Sauté chicken on high in a pan until nicely browned
2. Sprinkle stock through and turn off heat
3. Add lemon juice and mix thoroughly.

Method - mushroom filling

1. Add oil and mushrooms to pan, sauté until cooked
2. Remove from heat and drain.

Ingredients - chicken filling

- 1kg cooked diced chicken breasts
- 2 teaspoon salt reduced vegetable stock powder
- Juice of 1 lemon

Ingredients - mushroom filling

- 1kg mushrooms, halved and thinly sliced
- 1 tablespoon polyunsaturated vegetable oil



Assembly

1. Spread $\frac{1}{3}$ cup of the spinach mixture on one half of the tortilla
2. Spread $\frac{1}{2}$ cup of the chicken or mushroom mix over the spinach
3. Top with $\frac{1}{4}$ cup (30g) of reduced fat cheese
4. Fold tortilla flap over to form a half circle
5. Toast on a flat grill/toaster machine until lightly browned
6. Cut in half and place in a plastic rectangular container to serve, lid optional.



Supporting healthy choices

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