

Gozleme - beef 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 (30g or ¼ cup serve)
- 20 x 10" tortillas

Ingredients - Beef filling

- 1 tablespoon polyunsaturated vegetable oil
- 1 leek, finely chopped
- 4 carrots, finely grated
- 1 tablespoon Moroccan spice
- 1 tablespoon cumin
- 1.5kg tin crushed tomatoes
- 750g salt reduced tomato paste
- 1kg lean beef mince

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 - beef filling

1. Add oil and leek to pan, saute for two minutes
2. Add carrots, Moroccan spice and cumin, saute for two minutes
3. Add crushed tomatoes and tomato paste and stir thoroughly
4. Add mince and cook gently for at least 30 minutes or until beef is cooked and separated
5. Strain off excess liquid before using in the Gozlemes.

Assembly

1. Spread ⅓ cup of the spinach mixture on one half of the tortilla
2. Spread ½ cup of the beef mix over the spinach
3. Top with ¼ 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.



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