



CHEESE AND SPINACH GOZLEME

Prep: 30 min
Cook: 20 min
Servings: 4

Ingredients

- ▲ 1 red onion, sliced
- ▲ 250 g frozen spinach, defrosted and squeezed of extra liquid
- ▲ 1 cup wholemeal self-raising flour, plus extra for dusting
- ▲ 150 g low-fat natural or Greek yoghurt
- ▲ Olive or canola oil spray
- ▲ 100 g reduced-fat feta cheese, crumbled
- ▲ Pepper, to taste
- ▲ 1 lemon, cut into wedges

Method

1. Peel and slice the red onion.
2. Defrost spinach in the microwave. Squeeze off extra liquid.
3. Place flour and yoghurt in a medium-sized bowl and mix to combine. Use clean hands to bring together until a dough forms then turn out onto a lightly floured surface and knead for three minutes.
4. Place the dough ball into a bowl, cover with plastic wrap and set aside at room temperature to rest (but not rise) while filling is prepared.
5. For filling, spray a large non-stick pan with oil and place on medium heat. Add onion and cook for 5 minutes until soft, stirring often.
6. Turn off heat, stir through feta and spinach and season with pepper.
7. Divide dough into four portions. Flatten and roll each with a floured rolling pin into a thin 20cm square.
8. Place a quarter of spinach filling (squeezing off any extra liquid) evenly onto a rectangular half of the pastry, fold other half over to enclose and press edges together to seal.
9. Repeat with remaining dough and filling.
10. Wipe out the frypan with a paper towel, spray with oil and heat on high. Cook each gozleme for 2 minutes on each side or until golden brown. Transfer to serving plates and serve with lemon wedges.





MANGO LASSI

Prep: 5 min
Servings: 2

Ingredients

- ▲ 1 ½ cups frozen mango
- ▲ 140 g low-fat natural or Greek yoghurt
- ▲ 200 mL reduced-fat milk
- ▲ 1 tsp honey
- ▲ 2 pinches ground cardamom

Method

1. Blend all ingredients together in a blender or using a bar mix.
2. Serve in a tall glass.

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