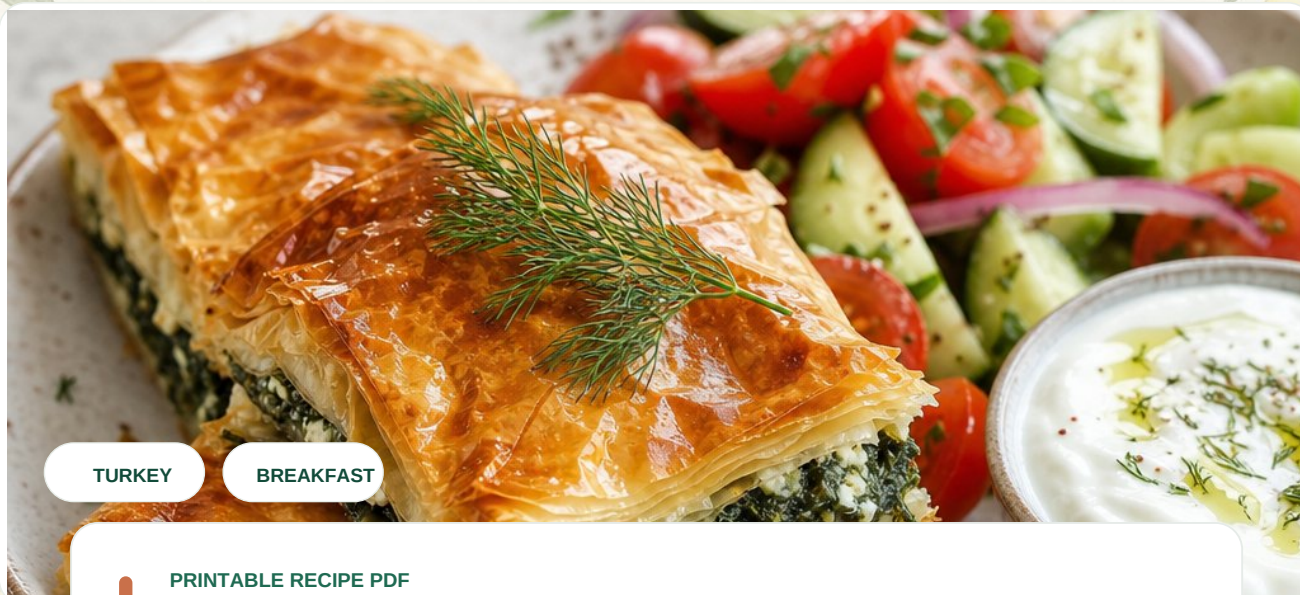




TURKEY

BREAKFAST

PRINTABLE RECIPE PDF

Turkish Spinach and Feta Börek

Börek is a traditional Turkish pastry made with thin layers of dough (yufka) filled with various ingredients. It is a popular breakfast item throughout Turkey,

PREP

30 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Intermediate

SHOPPING LIST

Ingredients

- 200 g fresh spinach - washed and chopped
- 150 g feta cheese - crumbled
- 1 medium onion - finely chopped
- 2 tbsp olive oil - for cooking the onion
- 1 tsp dried dill
- 1 tsp black pepper - to taste
- 1 egg - beaten, for egg wash
- 6 sheets yufka or phyllo dough - thawed if frozen
- 50 g butter - melted, for brushing

WHY THIS WORKS

About this recipe

A printable Turkish Spinach and Feta Börek recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Börek is a traditional Turkish pastry made with thin layers of dough (yufka) filled with various ingredients. It is a popular breakfast item throughout Turkey, often enjoyed with tea.

SERVING SUGGESTION

Serve warm with a side of yogurt or a fresh cucumber and tomato salad.

METHOD

Step-by-step instructions

1

Preheat the oven to 200°C (390°F).

2

In a skillet, heat the olive oil over medium heat. Add the chopped onion and sauté until translucent (about 5 minutes).

3

Add the chopped spinach to the onions and cook until wilted. Remove from heat and let it cool slightly.

4

In a mixing bowl, combine the wilted spinach and onion mixture with crumbled feta cheese, dried dill, and black pepper. Mix well.

5

Lay one sheet of yufka or phyllo dough on a clean surface, and brush it lightly with melted butter. Place another sheet on top and repeat the process.

6

Spoon a portion of the spinach and feta mixture along one edge of the layered dough, leaving space at the sides.

7

Roll the dough over the filling tightly, then shape it into a spiral or coil.

8

Place the börek on a baking tray lined with parchment paper. Brush the top with the beaten egg.

9

Bake in the preheated oven for about 25-30 minutes or until golden brown and crispy.

10

Let it cool slightly before serving.

CHEF'S TIP

To enhance the flavor, you can add some freshly chopped parsley or mint to the filling mixture.

NUTRITION PER SERVING (EST.)

Calories	410 kcal	Fat	26 g
Protein	15 g	Fiber	3 g
Carbohydrates	30 g	Sodium	600 mg

SERVING SUGGESTION

Serve warm with a side of yogurt or a fresh cucumber and tomato salad.

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