

# BURGER POCKETS

MAKES 15 SERVES

SOURCE: The Footballer Foodie

Prep time: 25 mins

Cook time: 20 mins



NUTRIENT	PER SERVE
Energy	866kJ
Protein	15g
Fat	4g
Carbohydrate	27g
Fibre	1g

## Ingredients

### DOUGH INGREDIENTS

- 450 g flour
- 450 g greek yogurt
- 1 tsp baking powder
- 1 drizzle of oil
- 1 good pinch of garlic salt
- 1 tsp Italian herbs

### BEEF FILLING

- 500 g beef mince
- 2 tsp garlic granules
- 2 tsp onion granules
- 2 tsp smoked paprika
- 2 tsp Italian herbs
- 1 tsp black pepper
- 1 Good pinch of salt
- 1 tbsp tomato puree
- 1 tbsp balsamic vinegar
- 1 tbsp honey

### EXTRA INGREDIENTS

- 50 g grated cheese
- 1 tbsp extra virgin olive oil

## Method

- Add all the dough ingredients to a large bowl and stir until combine. Once the dough has started to form, kneed using your hands for around 5 minutes. Set aside.
- In the meantime, heat a skillet on a medium heat. Once hot, add the beef, garlic granules, onion granules, smoked paprika, Italian herbs, salt and pepper. Break up using a wooden spoon and continuously stir until the meat is browned all over.
- Add the tomato puree, balsamic vinegar and honey. Stir through and cook for a further 2-3 minutes. Spoon the mixture into a bowl and set aside.
- Lightly dust a clean surface and separate the dough into 15 balls. Using the tips of your fingers, press down firmly to create a flat circle (you can use a rolling pin if desired)
- Place the filling into the centre of the dough along with a sprinkling of grated cheese. Pinch the sides and bring them together carefully until you create a little pocket that covers the beef and cheese. (see video tutorial linked below for guidance)
- Heat a large skillet on a medium, add a drizzle of extra virgin olive oil and pan fry the burger pockets for 2-3 minutes on each side until golden.
- Serve and enjoy.



The Footballers World

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