



Traffic light category: **Green** Serves: 4

Ingredients

- 250g lean beef mince
- 1 cup frozen corn
- 1 capsicum, diced
- 1 brown onion, diced
- 2 garlic cloves, crushed and diced
- 1 tsp of paprika, cumin, garlic powder & onion powder
- 3/4 cup Greek yoghurt
- 1 1/2 cups flour
- 1 tsp baking powder
- 50g cheddar, grated

Method

1. Fry off beef mince for 1-2 minutes, then add all other vegetables and spices and fry until cooked through
2. Combine yoghurt, flour, and baking powder in a bowl and mix until combined
3. Keep adding flour as needed to avoid a very wet mixture, and knead dough on bench top until it is stretchy but holds together
4. Cut dough into quarters, then roll out each quarter into a rough circle
5. Fill each circle with vegetable mixture and top with shredded cheese
6. Fold each pocket and flatten slightly
7. Fry until brown and crispy, serve with a basic salad or have one by itself as a snack!

Hungry for more?

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