

Low-Carb & Keto Turkish Borek

Hands-on 20 minutes Overall 1 hour

Nutritional values (per serving, 1 slice): Total carbs: 9.1 g, Fiber: 2.4 g, Net carbs: 6.7 g,

Protein: 33.9 g, Fat: 45.7 g, Calories: 577 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 6 servings)

Dough:

- 1 1/2 cups shredded mozzarella (170 g/ 6 oz)
- 2 tbsp cream cheese (30 g/ 1.1 oz)
- 1 cup almond flour (100 g/ 3.5 oz)
- 1 large egg

Filling:

- 500 g minced beef (1.1 lb)
- 1/2 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 small yellow onion, diced (70 g/ 2.5 oz)
- 1 cup mushrooms, chopped (70 g/ 2.5 oz)
- 1 tbsp ghee (15 ml)
- 2 cups fresh baby spinach, chopped (60 g/ 2.1 oz)
- 250 g feta or Börek cheese (8.8 oz)

Topping:

- 1 large egg, beaten
- 1 tsp sesame seeds

Instructions

1. Place the minced beef, seasonings, chopped onions and mushrooms into a large skillet.
2. Add a tablespoon of ghee and cook until browned.
3. Chop the spinach and add to the mince mixture, stirring until wilted. Remove from the heat and let cool.
4. When the mixture is cool, add the crumbled feta and stir through. Leave the mixture to go completely cold (this is essential to prevent

the dough from melting and stretching).

5. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Place the mozzarella and cream cheese in a large microwave safe bowl. Heat on high for 1 minute and then stir. Heat for a further 30 seconds.
6. Stir mixture until it is smooth then add the almond flour and egg, beating until a smooth dough forms.
7. Lay a long line of baking paper on the bench. Place the dough in a tube along the paper and cover with another line of baking paper. Roll the dough out into a long thin rectangle. You will need to work quite fast now as the dough gets fragile as it cools too much.
8. Spoon the filling down the long side of the dough then firmly roll it into a long log.
9. Grease an ovenproof skillet and coil the dough into it. Beat the second egg and brush over the top, adding sesame or poppy seeds if you like. *Note: A 25 cm (10 inch) skillet (or larger) will work best. You can also simply use a baking tray although the skillet helps maintain the shape.*
10. Bake for 25 minutes then remove and sit aside for five minutes to allow the juices to soak into the dough. Store, covered, in the refrigerator for up to 5 days.

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