

Turkish Pide

Yield: 8 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-pides-recipe>

Ingredients:

- 3 2/3 cups bread flour I added some wholemeal flour into the mix
- 1 1/2 tablespoons dried yeast instant
- 1 teaspoon sugar
- 1 1/4 cups lukewarm water /9.7-10.6fl ozs.
- 1 11/16 tablespoons olive oil
- 2 teaspoons salt
- 1/4 cup olive oil extra for brushing
- 1 tablespoon oil
- 1 onion large, or 2 medium, diced
- 4 cloves garlic peeled and diced
- 1 2/3 pounds minced beef not lean
- 1 capsicum medium green, diced
- 1 red capsicum medium, diced
- 5 tablespoons capsicum or red pepper puree
- 3 tablespoons tomato paste
- 3 red chillies small, finely chopped, use large if you don't want it too hot
- 2 teaspoons smoked paprika
- 2 teaspoons ground cumin
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 bunch parsley chopped
- grated cheese optional
- Tabasco Sauce
- lemon wedges to serve

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 65 milligrams

4. Fat: 27 grams
 5. Fiber: 4 grams
 6. Protein: 27 grams
 7. SaturatedFat: 7 grams
 8. Sodium: 1300 milligrams
 9. Sugar: 2 grams
 10. TransFat: 1 grams
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