



# Beef calzone

30'  
Hands on

55'  
Cook Time

6  
Portion(s)

1  
Difficulty



## Method

For the ground beef

- Heat the olive oil in a [pot](#) over medium heat.
- Add the ground beef and press it with a serving spoon to break down any large pieces.
- Sauté the ground beef for 4-5 minutes, until it is golden brown and the pot's juices are evaporated.
- Finely chop the carrot, the onions, and the garlic, add them to the pot, and sauté them for 2-3 more minutes.
- Beat the spinach and the mushrooms into a food processor, for 1-2 minutes, until completely pureed.
- Add the canned tomatoes and beat until you get a uniform, smooth tomato sauce.
- Pour the sauce into the pot and let it come to a boil.
- Add the lentils to the pot and let them boil for 20 minutes.
- Finely chop the parsley and add it to the pot.
- Pour the water and stir with a serving spoon.
- Boil for 3-4 minutes and remove the pot from the heat.

For the calzone

- Preheat the oven to 200°C (390° F) set to fan.
- Place a pot over medium heat, add the ground beef with the veggies, and let them boil for another 15 minutes until you get a thicker sauce.
- Dust your kitchen counter with a little flour and roll out the ready-made pizza dough into a 35x45 cm sheet.
- Use a round 16 cm cookie cutter to cut 6 dough circles.
- Divide the ground beef with the veggies at the center of each circle and sprinkle with the mozzarella cheese.
- Brush the edges of the dough with the egg wash.
- Fold into semi-circles and press the edges with a fork to stick together well.
- Transfer the calzones to a [baking pan](#) lined with parchment paper, brush them with the egg wash, and bake them for 15-20 minutes until the dough is golden and the cheese melts.
- Remove the baking pan from the oven and serve.

## Ingredients

For the ground beef

- 25 g olive oil
- 250 g ground beef
- 1 carrot
- 1 onion
- 1/2 clove(s) of garlic
- 50 g spinach, only the leaves
- 100 g champignon mushrooms
- 750 g canned tomatoes
- 50 g lentils
- 250 g water
- 1/4 bunch parsley

For the calzone

- all-purpose flour, to roll out the dough
- 400 g ready-made pizza crust
- 200 g mozzarella, grated
- 1 egg yolk, diluted with 2 tablespoons water

## Διατροφικός πίνακας

Nutrition information per portion

518 Calories (kcal)	22.0 Total Fat (g)	8.4 Saturated Fat (g)	51.0 Total Carbs (g)
26%	31%	42%	20%
9.5 Sugars (g)	25.0 Protein (g)	4.9 Fibre (g)	1.1 Sodium (g)
11%	50%	20%	18%