

VEGETABLE & CHEESE SIMIT



With more than six centuries of history, simit is a traditional Turkish bread, usually consumed for breakfast with cheese, fruit preserves or fresh vegetables.

Ingredients*

Tzatziki sauce / servings	one	four	ten	formula %
● Greek yoghurt, without added sugars	29 g	115 g	287.5 g	71.25
● cucumber, grated	9 g	36 g	90 g	22.30
● lemon juice	1.4 ml	5.6 ml	14 ml	3.47
● garlic, crushed	1 g	4 g	10 g	2.48
● mint leaves, chopped	0.2 g	0.8 g	2 g	0.50

Vegetable simit / 110g each slice	one	four	ten	formula %
● simit bread	100 g	400 g	1000 g	44.64
● tzatziki sauce	40 g	160 g	400 g	17.85
● cherry tomato, sliced	35 g	140 g	350 g	15.63
● cucumber, sliced	35 g	140 g	350 g	15.63
● mozzarella cheese, sliced	14 g	56 g	140 g	6.25

* The weight of all ingredients is given in edible portion.

Nutrition facts	Per 100 g	Per serving (224 g)
Calories	178 kcal (748 kJ)	399 kcal (1675 kJ)
Protein	6.1 g	13.6 g
Total fat	7.6 g	17.1 g
Saturated fat	1.9 g	4.3 g
Trans fat	0 mg	0 mg
Available carbohydrate	21.3 g	47.6 g
Total sugars	1.7 g	3.9 g
Added sugars	0.4 g	0.8 g
Dietary fibre	0.4 g	0.9 g
Sodium	290 mg	649 mg

Allergens: Contains dairy (cheese and yoghurt) and gluten (simit bread)

This recipe combines the traditional bread with vegetables and tzatziki sauce popular in Middle Eastern countries, Greece and the southern Balkans.

Instructions

Tzatziki sauce

- Mix grated cucumber, chopped mint and Greek yoghurt in a bowl.
- Add crushed garlic and lemon juice. Mix to combine all the ingredients.

Assembly

- Slice simit bread horizontally in half and cut the cheese into four triangles per slice.
- Spread the sauce on one of the bread halves, place the cheese triangles on top, followed by cucumber and tomato slices. Top with the other half of simit bread.
- Store refrigerated at 4 °C or below until serving.

Note: Mozzarella cheese is a critical ingredient due to its sodium content, aim for varieties of not more than 190 mg/100 g.



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Ministry of Public Health
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The recipe is intended to be used by food businesses, concessionaries and sports event organizers.