FLEISCHKUEKLE

50 STATES ★★★ 50 PLATES
featuring
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Paid spokesperson for Novo Nordisk.

INGREDIENTS

For the filling:

- ½ teaspoon avocado oil
- 8 ounces lean ground beef
- ¼ cup finely diced yellow onion (3 ounces)
- ½ teaspoon kosher salt
- Freshly ground black pepper, to taste
- 2 cloves garlic, minced
- 1 tablespoon Worcestershire sauce

For the dough:

- 1½ cup whole wheat flour
- ¾ cup 2% milk, warm
- 1 tablespoon reduced-fat Greek yogurt
- 1 large egg
- 3 tablespoons no sugar added ketchup, for serving

DIRECTIONS

In a medium skillet, heat avocado oil over medium-high until it shimmers. Add the ground beef, onions, salt, and pepper to the pan and cook, stirring occasionally, until the ground beef has browned and the onions are softened and translucent, about 6 to 8 minutes. Add garlic and cook, stirring constantly, until fragrant, 30 seconds to 1 minute more. Stir in Worcestershire sauce, then remove from heat and set aside to cool.

In a medium bowl, stir together the flour, milk, and Greek yogurt until a shaggy dough forms. Turn the dough out onto a lightly floured work surface and knead until smooth, about 5 minutes (if the dough is too sticky, more flour can be added 1 teaspoon at a time as necessary). Cover dough with a damp kitchen towel and allow it to rest on the counter for 15 minutes. Meanwhile, whisk together the egg with 1 teaspoon water to make an egg wash and set aside.

When dough has rested, divide into six equal pieces and roll into balls, re-covering with the damp kitchen towel. Use a rolling pin to roll each ball out to a roughly 6" circle. When all of the dough has been rolled out, divide filling among the dough (you'll use about 2 heaping tablespoons for each of the fleischkuekle), centering on the lower half of each round. Working one at a time, lightly brush the edge of each round with the egg wash, then gently fold the top half over the filling and seal by crimping the edges with a fork. Transfer the fleischkuekle to a parchment-lined half sheet tray and chill for 15 minutes. Brush each lightly with the egg wash and air fry in a single layer, working in batches as necessary, at 350 degrees F until crispy and golden, about 10 to 12 minutes. Remove from the air fryer and allow to cool slightly before serving with ketchup on the side.

Serving Size and Nutritional Information:

Serves 6 *(Serving Size 1 Piece = 125 g)*
230 *Calories Per Serving,* ***7 g*** *Total Fat,*
25 g *Total Carbohydrates,* ***16 g*** *Protein*

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

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