

HELLO Spanakopita-Inspired Flatbreads with Marinated Tomatous

with Marinated Tomatoes

Veggie

30 Minutes



Chicken Breast Tenders * 310 g | 620 g







2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥





Ricotta Cheese

100 g | 200 g







Baby Spinach

Flatbread





Red Onion 1 | 1



Baby Tomatoes 113 g | 227 g





Green Onion 1 2



Mayonnaise

2 tbsp | 4 tbsp

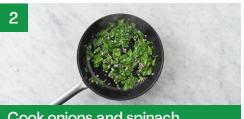
Dill-Garlic Spice Blend 1 tsp | 2 tsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat. Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, silicone brush, small bowl, whisk, zester



Prep and marinate tomatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then cut half the red onion (whole onion for 4 ppl) into ½-inch pieces.
- Thinly slice green onion.
- Zest, then juice half the lemon (whole lemon for 4 ppl).
- Roughly chop spinach. (TIP: Place in a bowl, then chop using kitchen shears or scissors!)
- Halve tomatoes.
- Add ½ tbsp (1 tbsp) lemon juice, ½ tsp (1 tsp) sugar and ½ tbsp (1 tbsp) oil to a large bowl.
- Season with salt and pepper, then whisk to combine. Add tomatoes, then toss to coat.



Cook onions and spinach

🕂 Add | Chicken Breast Tenders

- Heat a large non-stick pan over medium-high
- When the pan is hot, add 1 tbsp (2 tbsp) butter, then swirl until melted.
- Add red onions. Season with salt and pepper. Cook, stirring occasionally, until softened, 2-3 min.
- Add spinach. Cook, stirring occasionally, until wilted, 2-4 min.
- Remove from heat.



Toast flatbreads

- Meanwhile, arrange flatbreads on an unlined baking sheet, then brush with 1/2 tbsp oil. (NOTE: For 4 ppl, use 2 unlined baking sheets, with ½ tbsp oil per sheet.)
- Toast in the **bottom** of the oven until softened, 2-5 min. (NOTE: For 4 ppl, toast in the middle and bottom of the oven.)



5 | Bake flatbreads

cook veggies.

Measurements

within steps

1 tbsp

tenders, pat dry with paper towels. Season with salt and pepper. Heat a large non-stick

pan over medium-high heat. When hot, add 1/2 tbsp (1 tbsp) oil, then chicken breast

and cooked through, 3-4 min per side.**

Transfer to a plate. Use the same pan to

tenders. Sear until tenders are golden-brown

oil

+ Add | Chicken Breast Tenders

Thinly slice chicken. Top flatbreads with chicken along with onion-spinach mixture and remaining feta. Follow the rest of the step as written.



Make ricotta mixture

- Meanwhile, add ricotta, mayo, Dill-Garlic Spice Blend, half the green onions, half the feta, 1/4 tsp (1/2 tsp) lemon zest and ½ tbsp (1 tbsp) lemon juice to a small bowl.
- Season with pepper, then stir to combine.



Bake flatbreads

🖶 Add | Chicken Breast Tenders

- Spread ricotta mixture over toasted flatbreads, then top with onion-spinach mixture and remaining feta.
- Bake in the middle of the oven until goldenbrown and crisp, 6-8 min. (NOTE: For 4 ppl, bake flatbreads in the middle and top of the oven, rotating sheets halfway through.)



Finish and serve

- Quarter spanakopita-inspired flatbreads.
- · Divide between plates, then top with marinated tomatoes and remaining green onions.

- * Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.