



# Spanakopita-Inspired Flatbreads with Marinated Tomatoes

Veggie

30 Minutes

+ Add



Chicken Breast  
Tenders\*  
310 g | 620 g

Customized Protein

+ Add

Swap

or

\*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](http://www.hellofresh.ca)



Ricotta Cheese  
100 g | 200 g



Feta Cheese,  
crumbled  
½ cup | 1 cup



Flatbread  
2 | 4



Baby Spinach  
113 g | 226 g



Red Onion  
1 | 1



Baby Tomatoes  
113 g | 227 g



Lemon  
1 | 1



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.



**Pantry items** | Sugar, unsalted butter, oil, salt, pepper

**Cooking utensils** | Baking sheet, large bowl, large non-stick pan, measuring spoons, silicone brush, small bowl, whisk, zester

1



## 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 **tblsp** (1 **tblsp**) **lemon juice**, ½ **tsp** (1 **tsp**) **sugar** and ½ **tblsp** (1 **tblsp**) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine. Add **tomatoes**, then toss to coat.

4



## Make ricotta mixture

- Meanwhile, add **ricotta**, **mayo**, **Dill-Garlic Spice Blend**, **half the green onions**, **half the feta**, ¼ **tsp** (½ **tsp**) **lemon zest** and ½ **tblsp** (1 **tblsp**) **lemon juice** to a small bowl.
- Season with **pepper**, then stir to combine.

2



## Cook onions and spinach

+ Add | **Chicken Breast Tenders**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tblsp** (2 **tblsp**) **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.

5



## 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 golden-brown and crisp, 6-8 min. (**NOTE:** For 4 ppl, bake flatbreads in the middle and top of the oven, rotating sheets halfway through.)

3



## Toast flatbreads

- Meanwhile, arrange **flatbreads** on an unlined baking sheet, then brush with ½ **tblsp oil**. (**NOTE:** For 4 ppl, use 2 unlined baking sheets, with ½ **tblsp** 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.)

6



## Finish and serve

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

Measurements  
within steps

1 **tblsp** (2 **tblsp**) **oil**  
2 person 4 person Ingredient

## 2 | Cook chicken and veggies

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tblsp** (1 **tblsp**) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.\*\* Transfer to a plate. Use the same pan to cook **veggies**.

## 5 | Bake flatbreads

+ 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.

\* 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.