



# MIDDLE EASTERN LENTIL PIDE

with Caramelized Onion and Feta

VEGGIE



## HELLO PIDE

A Turkish-style flatbread similar to pizza

PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 857



Puff Pastry



Garlic



Lentils



Parsley



Lemon



Onions, sliced



Vegetable Broth Concentrate



Moroccan Spice Blend



Feta Cheese, crumbled

## BUST OUT

- Baking Sheet
- Strainer
- Zester
- Large Non-Stick Pan
- Measuring Spoons
- Sugar (1 tsp)
- Salt
- Pepper
- Olive or Canola oil

## INGREDIENTS

2-person

- Puff Pastry 1,4 1 pkg (340 g)
- Garlic 1 pkg (10 g)
- Lentils 1 can
- Parsley 1 pkg (10 g)
- Lemon 1
- Onions, sliced 1 pkg (113 g)
- Vegetable Broth Concentrate 1
- Moroccan Spice Blend 1 pkg (1 tbsp)
- Feta Cheese, crumbled 2 1 pkg (28 g)

## ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer 5 Tree Nut/Noix
- 1 Wheat/Blé 6 Mustard/Moutarde
- 2 Milk/Lait 7 Peanut/Cacahuète
- 3 Egg/Oeuf 8 Sesame/Sésame
- 4 Soy/Soja 9 Sulphites/Sulfites

## START STRONG

Preheat your oven to **425°F** (to bake the pide) and remove the puff pastry from the fridge. Start prepping when your oven comes up to temperature!



**1 PREP PASTRY** Unroll the room-temperature **puff pastry** onto a parchment-lined baking sheet. Cut the pastry in half. (You will have two long rectangles.) For each pastry, twist the corners of the long ends together to make pointed edges. Fold a ½-inch of pastry over the sides to form a boat shape.



**2 BAKE PASTRY** Use a paring knife to 'score' a ½-inch border around each **pastry boat**. ('Scoring' means to make a shallow cut on the pastry, but not cut all the way through! This will prevent it from puffing too much when baking.) Use a fork to prick holes all over the pastry. Bake in the centre of the oven until the crust is lightly golden, 25-28 min.



**3 COOK ONIONS** Zest, then juice **half the lemon**. Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until softened, 4-5 min. Reduce the heat to low, then add the **sugar** and **2 tbsp lemon juice**. Cook, stirring occasionally, until the onions are golden-brown, 25-28 min.



**4 PREP** Meanwhile, **wash and dry all produce**. Mince or grate the **garlic**. Drain and rinse the **lentils**. Finely chop the **parsley**. Cut the **remaining lemon half** into wedges.



**5 FINISH PIDE** Add the **garlic, lentils, broth concentrate** and **spice blend** to the pan. Stir until warmed through, 2-3 min. Season with **salt** and **pepper**. Divide the **lentil mixture** over the **puff pastry boats**.



**6 FINISH AND SERVE** Sprinkle the **pide** with **feta, lemon zest** and **parsley**. Squeeze over a **lemon wedge**, if desired.

## ZESTY!

That extra squeeze of lemon really adds a zing to the final dish.