



# Spanakopita-Inspired Flatbreads with Marinated Tomatoes

Veggie

30 Minutes

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](https://www.hellofresh.ca)

+ Add



Shrimp  
285 g | 570 g



Ricotta Cheese  
100 g | 200 g



Feta Cheese,  
crumbled  
½ cup | 1 cup



Flatbread  
2 | 4



Baby Spinach  
113 g | 227 g



Red Onion  
½ | 1



Baby Tomatoes  
113 g | 227 g



Lemon  
½ | 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** | Unsalted butter, sugar, oil, salt, pepper

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

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 **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.

2



### Cook onions and spinach

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

3



### Toast flatbreads

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

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 **tbps** (1 **tbps**) **lemon juice** to a small bowl.
- Season with **pepper**, then stir to combine.

5



### Bake flatbreads

- 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.)

6



### Finish and serve

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

Measurements  
within steps

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

### 3 | Cook shrimp

+ Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan (from step 2) over medium-high. When hot, add ½ **tbps** (1 **tbps**) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\* Meanwhile, toast **flatbreads** as the recipe instructs.

### 6 | Finish and serve

+ Add | Shrimp

Top **flatbreads** with **shrimp**.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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