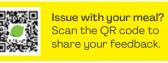


Spanakopita-Inspired Flatbreads

with Marinated Tomatoes

Veggie 30 Minutes





Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps	1 tbsp	(2 tbsp)	oil
	2 person	4 person	Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Ricotta Cheese	100 g	200 g
Shrimp	285 g	570 g
Feta Cheese, crumbled	½ cup	1 cup
Flatbread	2	4
Baby Spinach	113 g	227 g
Red Onion	56 g	113 g
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
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		

Salt and Pepper*

* Pantry items

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

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.



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Prep and marinate tomatoes

- Peel, then cut half the onion into ¹/₂-inch pieces (whole onion for 4 ppl).
- Thinly slice green onion.
- Zest, then juice half the lemon (whole lemon for 4 ppl).
- Roughly chop **spinach**. (**TIP:** Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)
- Halve tomatoes.
- Add 1/2 tbsp (1 tbsp) lemon juice,

1/2 tsp (1 tsp) sugar and 1/2 tbsp (1 tbsp) oil to a large bowl. Season with **salt** and **pepper**, then whisk to combine.

Add tomatoes, then toss to coat.



Make ricotta mixture

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



Cook onions and spinach

• Heat a large non-stick pan over mediumhigh heat.

• When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.

• Add 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.

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with salt and pepper. Heat the same pan over medium-high. When hot, add 1/2 tbsp (1 tbsp) oil, then shrimp. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.**



Bake flatbreads

 Spread ricotta mixture over toasted flatbreads, then top with onion-spinach mixture and remaining feta.

 Bake assembled flatbreads 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.)

Top **flatbreads** with **shrimp** when you assemble them.



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.)



Finish and serve

Cut flatbreads into quarters.

 Divide flatbreads between plates, then top with marinated tomatoes and remaining green onions.

Dinner Solved!