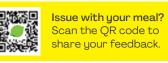


# Spanakopita-Inspired Flatbreads

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.



| Issue with your meal? |  |
|-----------------------|--|
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# Prep and marinate tomatoes

- Peel, then cut half the onion into <sup>1</sup>/<sub>2</sub>-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
- <sup>1</sup>/<sub>2</sub> 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 <sup>1</sup>/<sub>2</sub> 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!**