



Pesto Shrimp Pizzettes

with Spinach Salad

Family Friendly 25-35 Minutes

Swap



Tilapia Fillets
300 g | 600 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](https://www.hellofresh.ca)



Shrimp
285 g | 570 g



Flatbread
2 | 4



Basil Pesto
1/2 cup | 1/2 cup



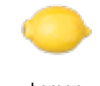
Tomato
1 | 2



Feta Cheese, crumbled
1/2 cup | 1 cup



Yellow Onion
1 | 1



Lemon
1 | 1



Baby Spinach
56 g | 113 g



Mini Cucumber
1 | 2



Yogurt Sauce
3 tbsp | 6 tbsp

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 | Oil, pepper, salt, sugar

Cooking utensils | Baking sheet, 2 large bowls, large non-stick pan, paper towels, parchment paper, strainer, whisk, zester

1



Toast flatbreads

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Arrange **flatbreads** on a parchment-lined baking sheet. (**NOTE:** It's okay if they overlap.)
- Bake in the **middle** of the oven, until golden-brown, 3-4 min per side.
- Set aside.

2



Prep

- Meanwhile, cut **tomato** into ¼-inch pieces.
- Halve, peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Whisk together **1 tsp** (2 tsp) **pesto**, **1 tbsp** (2 tbsp) **lemon juice**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a large bowl. Season with **salt** and **pepper**. Set aside. (**NOTE:** This is your dressing.)

3



Prep shrimp

- Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels.
- Add **lemon zest**, **shrimp** and **½ tbsp** (1 tbsp) **oil** to another large bowl. Season with **salt** and **pepper**, then toss to coat.

4



Cook onions and shrimp

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **onions**. Cook, stirring often, until tender, 2-3 min.
- Transfer **onions** to a plate and set aside.
- To the same pan, add **shrimp**. Cook, stirring occasionally, until **shrimp** just turns pink, 3-4 min.** (**TIP:** Don't overcrowd pan; cook shrimp in two batches for 4 ppl.)

5



Assemble pizettes

- Working on the prepared baking sheet, spread **remaining pesto** over **each flatbread**.
- Top with **shrimp**, **onions**, **feta** and **half the tomatoes**.
- Toast **assembled pizettes** in the **middle** of the oven until warmed through, 2-3 min.

6



Finish and serve

- Cut **cucumber** into ¼-inch rounds.
- Add **baby spinach**, **cucumbers** and **remaining tomatoes** to the large bowl with **dressing**. Toss to coat.
- Divide **pizettes** and **salad** between plates.
- Dollop or drizzle **yogurt sauce** over top of **flatbreads**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Prep tilapia

Swap | Tilapia Fillets

If you've opted to get **tilapia**, pat **tilapia** dry with paper towels. Cut **tilapia** into 1-inch pieces.

4 | Cook onions and tilapia

Swap | Tilapia Fillets

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **onions**. Cook, stirring often, until tender, 2-3 min. Transfer **onions** to a plate and set aside. To the same pan, add **tilapia**. Cook, stirring occasionally, until **tilapia** is cooked through, 3-4 min.**

5 | Assemble pizettes

Swap | Tilapia Fillets

Working on the prepared baking sheet, spread **remaining pesto** over **each flatbread**. Top with **tilapia**, **onions**, **feta** and **half the tomatoes**. Toast **assembled pizettes** in the **middle** of the oven until warmed through, 2-3 min.

** Cook shrimp and tilapia to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively.