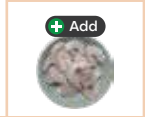




# Spanakopita-Inspired Flatbreads with Marinated Tomatoes

Veggie

30 Minutes



Shrimp

285 g | 570 g

Customized Protein + Add Swap or x2 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)



You have been entered for a chance to win 1 OF 25 FREE VIDA BBQS!

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Service Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 3, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADERNO Essence Series 4-Burner Propane Gas BBQ Grill (approx. retail value of \$949.99 CAD), Canadian. This is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).



Ricotta Cheese

100 g | 200 g



Feta Cheese, crumbled

1/2 cup | 1 cup



Flatbread

2 | 4



Baby Spinach

113 g | 226 g



Red Onion

1 | 1



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

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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Ingredient quantities 56 g | 113 g 2 person 4 person

**Pantry items** | Sugar, unsalted butter, oil, salt, pepper

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

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.

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

2



### Cook onions and spinach

+ Add | Shrimp

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

5



### Bake flatbreads

+ Add | Shrimp

- 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.)

3



### Toast flatbreads

- Meanwhile, arrange **flatbreads** on an unlined baking sheet, then brush with ½ **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.)

6



### Finish and serve

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

Measurements  
within steps

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

## 2 | Cook shrimp and veggies

+ Add | Shrimp

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\* Remove from heat, then transfer **shrimp** to a plate. Use the same pan to cook **veggies** in the same step.

## 5 | Bake flatbreads

+ Add | Shrimp

Top **flatbreads** with **shrimp**, together with the **onion-spinach mixture** and **remaining feta**.

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