



Balsamic Onion and Ricotta Flatbreads

with Garlic-Roasted Zucchini and Green Salad

Veggie

35 Minutes

+ Add



Beyond Meat

2 | 4

↗ Custom Recipe

+ 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)



Ricotta Cheese
100 g | 200 g



Flatbreads
2 | 4



Yellow Onion
1 | 2



Zucchini
1 | 2



Baby Tomatoes
113 g | 227 g



Arugula and Spinach Mix
56 g | 113 g



Cream Cheese
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Balsamic Vinegar
2 tbsp | 4 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.

1



Prep and caramelize onions

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

- Peel, then cut **onion** into ¼-inch slices.
- Heat a medium non-stick pan over medium heat (use large non-stick pan for 4 ppl).
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min.
- Add **half the vinegar**, **1 tsp** (2 tsp) **sugar** and **¼ cup** (½ cup) **water**. Season with **salt** and **pepper**.
- Cover and cook, stirring occasionally, until **liquid** is absorbed and **onions** are dark golden-brown, 5-7 min.
- Transfer **caramelized onions** to a small bowl.

2



Prep and roast zucchini

+ Add | **Beyond Meat®**

- While **onions** cook, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Add **zucchini**, **half the garlic puree** and **½ tbsp** (1 tbsp) **oil** to an unlined baking sheet.
- Season with **salt** and **pepper**. Toss to coat.
- Roast in the **bottom** of the oven, stirring halfway, until tender-crisp and golden-brown, 8-10 min.

3



Finish prep

- Halve **tomatoes**.
- Add **tomatoes**, **remaining vinegar**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Add **cream cheese**, **ricotta**, **remaining garlic puree** and **2 tbsp** (4 tbsp) **milk** to a medium bowl. Season with **salt** and **pepper**, then stir to combine.

4



Toast flatbreads

- Arrange **flatbreads** on a parchment-lined baking sheet.
- Toast in the **bottom** of the oven, until softened and lightly crisp, 4-5 min.

5



Assemble and bake flatbreads

+ Add | **Beyond Meat®**

- Spread **2 tbsp cheese mixture** over **each flatbread**, leaving a 1-inch border.
- Spread **caramelized onions** over top in an even layer. Top with **roasted zucchini**.
- Bake in the **bottom** of the oven, until golden-brown and crisp, 4-5 min. (**NOTE:** For 4 ppl, bake flatbreads in the middle and top of the oven, rotating sheets halfway through.) (**TIP:** Keep your eye on them so they don't burn!)

6



Finish and serve

- Add **arugula-spinach mix** to the large bowl with **tomatoes**. Toss to combine.
- Dollop **remaining cheese mixture** over **flatbreads**. Cut into wedges.
- Divide **flatbreads** between plates. Top with **salad**.

2 | Cook Beyond Meat®

+ Add | **Beyond Meat®**

If you've opted to add **Beyond Meat®**, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Season with **salt** and **pepper**.

5 | Assemble and bake flatbreads

+ Add | **Beyond Meat®**

Top **flatbreads** with **Beyond Meat®** when assembling.

** Cook to a minimum internal temperature of 74°C/165°F.



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