



Shawarma-Spiced Flatbreads

with Beyond Meat® and Garlic Hummus Sauce

Veggie 30 Minutes



Beyond Meat®



Yellow Onion



Mayonnaise



Hummus



Shawarma Spice Blend



Feta Cheese, crumbled



Roma Tomato



Garlic, cloves



Sweet Bell Pepper



Baby Spinach



White Wine Vinegar



Flatbread

HELLO BEYOND MEAT®

This Beyond Meat® burger goes beyond traditional veggie burgers!

Start here

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

Bust out

Baking sheet, parchment paper, small bowl, large non-stick pan, large bowl, whisk, measuring spoons

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Yellow Onion	113 g	226 g
Mayonnaise	2 tbsp	4 tbsp
Hummus	8 tbsp	16 tbsp
Shawarma Spice Blend	1 tbsp	2 tbsp
Feta Cheese, crumbled	½ cup	1 cup
Roma Tomato	80 g	160 g
Garlic, cloves	1	2
Sweet Bell Pepper	160 g	320 g
Baby Spinach	56 g	113 g
White Wine Vinegar	½ tbsp	1 tbsp
Flatbread	2	4
Oil*	2 tbsp	4 tbsp
Salt and Pepper*		

* Pantry items

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

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

Peel, then cut **onion** into ¼-inch slices. Cut **tomato** into ¼-inch pieces. Peel, then mince or grate **garlic**. Core, then cut **pepper** into ¼-inch slices.



Assemble flatbreads

Arrange **flatbreads** on a parchment-lined baking sheet. Spread **garlic hummus sauce** over **flatbreads** with the back of a large spoon. Top with **Beyond Meat® mixture**, then sprinkle with **feta**. Bake in the **middle** of the oven until **cheese** is melted and **flatbreads** are golden-brown and crisp, 7-8 min. (**NOTE:** For 4 ppl, use 2 baking sheets and bake in the middle and top of the oven, rotating sheets halfway through.)



Cook Beyond Meat®

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **Beyond Meat® patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 3-4 min. ** Season with **salt** and **pepper**. Add **onions** and **Shawarma Spice Blend**. Cook, stirring often, until **onions** soften, 3-4 min.



Toss salad

While **flatbreads** bake, whisk together **½ tbsp vinegar** (dbl for 4 ppl) and **remaining mayo** in a large bowl. Add **peppers** and **spinach**. Season with **salt** and **pepper**, then toss to combine.



Make garlic hummus sauce

While **onions** cook, add **hummus**, **½ tsp garlic** (dbl for 4 ppl) and **half the mayo** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Finish and serve

Sprinkle **tomatoes** over **flatbreads**, then cut **flatbreads** into halves or quarters. Divide **flatbreads** and **salad** between plates.

Dinner Solved!