



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



Cilantro



Baby Spinach



White Wine Vinegar



Flatbread



Scan the QR code to download our app.

HELLO BEYOND MEAT®

You won't believe the meat-like texture of this plant-based protein!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Yellow Onion	56 g	113 g
Mayonnaise	4 tbsp	8 tbsp
Hummus	4 tbsp	8 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
Cilantro	7 g	7 g
Baby Spinach	56 g	113 g
White Wine Vinegar	½ tbsp	1 tbsp
Flatbread	2	4
Sugar*	¼ tsp	½ tsp
Oil*		

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.

Contact

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



Prep

- Cut **tomato** into ¼-inch pieces.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Roughly chop **cilantro**.



Assemble and bake flatbreads

- Arrange **flatbreads** on a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets.)
- Spread **garlic hummus sauce** over **flatbreads** with the back of a large spoon.
- Top with **Beyond Meat® mixture**, then sprinkle **feta** over top.
- 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, 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

- Meanwhile, whisk together **½ tbsp vinegar**, **1 tbsp oil** and **¼ tsp sugar** (dbl all for 4 ppl) in a large bowl.
- Add **tomatoes** and **spinach**. Season with **salt** and **pepper**, then toss to combine.



Make garlic hummus sauce

- Meanwhile, add **hummus**, **mayo** and **½ tsp garlic** (dbl for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



Finish and serve

- Cut **flatbreads** into halves or quarters.
- Sprinkle **cilantro** over **flatbreads**.
- Divide **flatbreads** and **salad** between plates.

Dinner Solved!