

HELLO Spanakopita-Inspired Flatbreads with Marinated Tomatous

with Marinated Tomatoes

Veggie

30 Minutes



Shrimp 285 g | 570 g









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 🎥





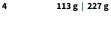
Ricotta Cheese 100 g | 200 g



Flatbread



Baby Spinach





Red Onion 1/2 | 1



113 g | 227 g



Lemon



1/2 | 1

Green Onion 1 2



Mayonnaise

2 tbsp | 4 tbsp

Dill-Garlic Spice

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



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.



Cook onions and spinach

- 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.



Toast flatbreads

+ Add | Shrimp

- Meanwhile, arrange flatbreads on an unlined baking sheet, then brush with 1/2 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

Measurements

3 | Cook shrimp

+ Add | Shrimp

within steps

1 tbsp

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**. Reheat

the same pan (from step 2) over mediumhigh. When hot, add 1/2 tbsp (1 tbsp) oil, then

shrimp. Cook, stirring occasionally, until

toast **flatbreads** as the recipe instructs.

shrimp just turn pink, 2-3 min.** Meanwhile,

oil

(2 tbsp)

Add | Shrimp

Top **flatbreads** with **shrimp**.



Make ricotta mixture

- Meanwhile, add ricotta, mayo, Dill-Garlic Spice Blend, half the green onions, half the feta, 1/4 tsp (1/2 tsp) lemon zest and ½ tbsp (1 tbsp) lemon juice to a small bowl.
- Season with pepper, then stir to combine.



Bake flatbreads

- Spread ricotta mixture over toasted flatbreads, then top with onion-spinach mixture and remaining feta.
- Bake in the middle of the oven until goldenbrown and crisp, 6-8 min. (NOTE: For 4 ppl, bake flatbreads in the middle and top of the oven, rotating sheets halfway through.)



Add | Shrimp

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



