

MARLEY SPOON



Broccoli & Roasted Red Pepper Hero

with Parmesan & Lemon Ricotta



ca. 20min



2 Servings

This vegetarian dinner just so happens to be a hero, and after making this sandwich, you will be too! Here we broil broccoli and onions to add an irresistible smoky char, then melt Parmesan cheese on top. These veggies are the "meat" of the sandwich, all layered onto crisp sesame seed baguettes with creamy lemon ricotta and roasted peppers.

What we send

- 1 red onion
- ½ lb broccolini
- ¾ oz Parmesan ¹
- 2 mini baguettes ^{3,4}
- ¼ oz pkt toasted sesame seeds ²
- 1 lemon
- 4 oz ricotta ¹
- 2 oz roasted red peppers

What you need

- olive oil
- kosher salt & ground pepper
- balsamic vinegar (or red wine vinegar)

Tools

- microplane or grater
- rimmed baking sheet

Allergens

Milk (1), Sesame (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 34g, Carbs 97g, Protein 27g



1. Prep ingredients

Preheat broiler with a rack in the center.

Halve and cut **onion** into ½-inch thick wedges through the core. Cut **broccolini** into 1-inch thick spears.

Finely grate **Parmesan**, if necessary.



4. Broil veggies

Transfer **broccolini and onions** to reserved baking sheet; toss with **3 tablespoons oil** and **a generous pinch each of salt and pepper**.

Broil on center oven rack until veggies are lightly charred and tender, flipping halfway through, about 10 minutes (watch closely). Sprinkle **Parmesan** over top and broil until cheese is melted and golden, 1-2 minutes more.



2. Toast bread

Cut **bread** in half lengthwise. Place on a rimmed baking sheet, cut-side up. Generously drizzle cut sides with **oil**.

Broil on center oven rack until toasted, about 2 minutes (watch closely as broilers vary). Flip bread; drizzle with **oil** and sprinkle with **sesame seeds**. Broil until golden brown, about 2 minutes more. Transfer to a cutting board. Reserve sheet for step 4.



5. Assemble & serve

Drizzle **a little vinegar** over **cut sides of bread**, then spread **lemon ricotta** on one half and top with **peppers and veggies**. Finish with **a drizzle of oil** and **a squeeze of lemon juice**, if desired, before serving. Enjoy!



3. Season ricotta

Meanwhile, finely grate **½ teaspoon lemon zest** into a small bowl. Stir in **ricotta** and season to taste with **salt and pepper**.



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