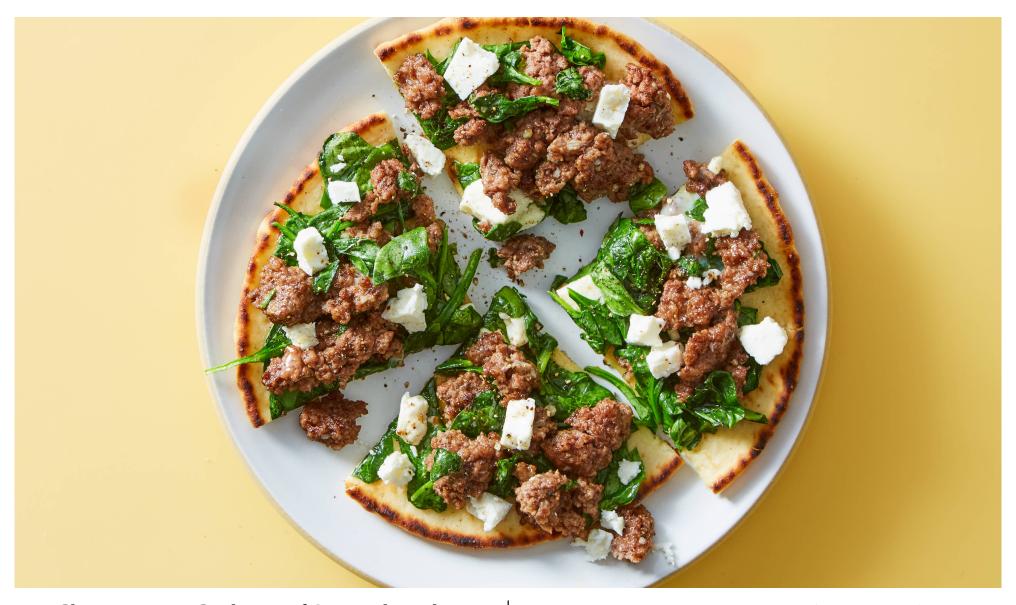
# **DINNERLY**



# No Chop! Low-Carb Beef Spanakopitza with Spinach & Feta





Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this beef spanakopitza? Personally, we'd choose B. This dish requires absolutely no prepwork—just cook the beef and spinach, assemble the pitas, and bake. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

#### WHAT WE SEND

- 10 oz pkg ground beef
- · 3 oz baby spinach
- · 2 Mediterranean pitas 1,6,11
- · 2 oz feta 7

#### WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- 1 large egg 3

#### **TOOLS**

- · microplane or grater
- medium skillet
- · rimmed baking sheet

#### **ALLERGENS**

Wheat (1), Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **NUTRITION PER SERVING**

Calories 720kcal, Fat 48g, Carbs 34g, Protein 39g



## 1. Brown ground beef

Preheat oven to 450°F with a rack in the upper third. Grate ½ teaspoon garlic.

Heat 2 teaspoons oil in a medium skillet over medium-high. Add ground beef, grated garlic, and a pinch each of salt and pepper. Cook, breaking up into smaller pieces, until browned, 3–5 minutes. Carefully spoon off most of the fat.



## 2. Make topping

Stir **spinach** into skillet with **beef**; cook until just wilted, 1–2 minutes. Transfer to a medium heatproof bowl to let cool slightly, about 5 minutes. Crumble in **half of the feta**.

In a small bowl, whisk 1 large egg; add to bowl with beef and spinach along with ½ tablespoon oil. Season with salt and pepper and stir to combine. Set aside until step 4.



#### 3. Toast pitas

Drizzle both sides of **pitas** generously with **oil**, then transfer to a rimmed baking sheet. Bake on upper oven rack until lightly toasted, flipping halfway through cooking time, 4–5 minutes per side.



#### 4. Finish & serve

Divide beef and spinach topping between pitas, gently spreading to the edges. Bake on upper oven rack until beef is deeply browned, about 5 minutes. Remove from oven and let stand for 5 minutes before cutting into wedges, if desired.

Serve beef spanakopitza with remaining feta sprinkled over top. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!