

DINNERLY



Low-Carb Chicken Sausage & Ricotta Flatbread

with Spinach & a Fried Egg on Top



ca. 20min



2 Servings

Here's our promise with this dinner: time saved and happy taste buds all around. Delicious doesn't mean complicated. At least not in our Dinnerly dictionary, and this meal proves it. A loaded Mediterranean style flatbread, topped with creamy ricotta, crumbled Italian sausage, spinach, garlic oil....aaaaand we put an egg on it. Just for added protein and runny yolk richness, aka liquid gold. We've got you covered!

WHAT WE SEND

- ½ lb uncased Italian chicken sausage
- 3 oz baby spinach
- 2 Mediterranean pitas ^{1,6,11}
- 4 oz ricotta ⁷

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- 2 large eggs ³

TOOLS

- medium nonstick 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 640kcal, Fat 31g, Carbs 40g, Protein 48g



1. Prep garlic & sausage

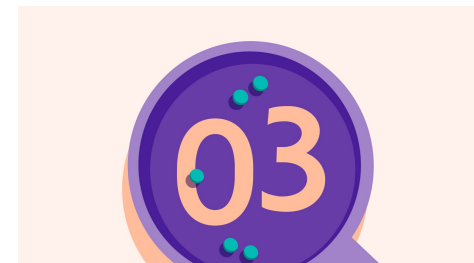
Preheat broiler with a rack in the center.

Thinly slice 1 large **garlic** clove.



2. Make garlic oil

Heat **sliced garlic** and 2 **tablespoons** oil in a medium nonstick skillet over medium-high. Cook, swirling skillet, until garlic is fragrant and golden, 2–3 minutes. Transfer **oil and garlic** to a small heatproof bowl and season to taste with **salt** and **pepper**; set aside until step 5.



3. Cook sausage & spinach

Heat 1 **teaspoon** oil in same skillet over medium-high. Add **sausage** and cook, breaking up into large pieces, until browned, about 5 minutes.

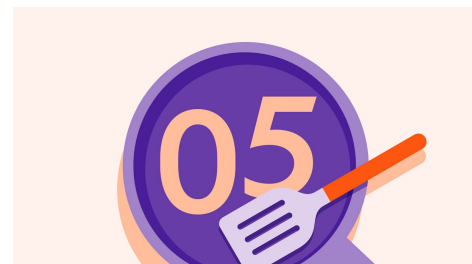
Stir in **spinach**; cover until wilted, about 2 minutes. Remove from heat and season to taste with **salt** and **pepper**.



4. Assemble flatbreads

Place **pitas** directly on center oven rack; broil until tops are crisp and browned, 1–2 minutes (watch closely). Remove from oven.

On the untoasted sides, spread **ricotta** evenly to the edges; season to taste with **salt** and **pepper**. Transfer to a rimmed baking sheet and top with **sausage-spinach mixture**, leaving a space in the center of each.



5. Broil & serve

Crack 1 **large egg** in the middle of each **pita**; season with **salt** and **pepper**. Broil **flatbreads** on center oven rack until **egg white** is set, about 8 minutes (watch closely). Transfer to a cutting board and let sit about 2 minutes before cutting.

Serve **sausage and ricotta flatbreads** with **garlic oil** drizzled over top. Enjoy!



6. Make it ahead!

You can make the major components of this meal—the sausage-spinach mixture and garlic oil—ahead of time. Hold the sausage-spinach mixture in the fridge and keep the garlic oil in a tightly covered container at room temp until you're ready to get going with dinner.