

DINNERLY



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



ca. 20min



2 Servings

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 grass-fed ground beef
- 3 oz baby spinach
- 2 oz feta ²
- 2 Mediterranean pitas ^{3,4,5}

WHAT YOU NEED

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

TOOLS

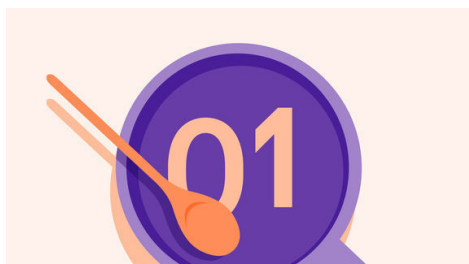
- microplane or grater
- medium skillet
- rimmed baking sheet

ALLERGENS

Egg (1), Milk (2), Sesame (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

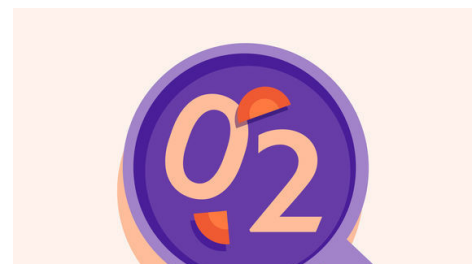
Calories 660kcal, Fat 40g, Carbs 34g, Protein 41g



1. Brown ground beef

Preheat oven to 450°F with a rack in the upper third. Grate $\frac{1}{2}$ **teaspoon** **garlic**.

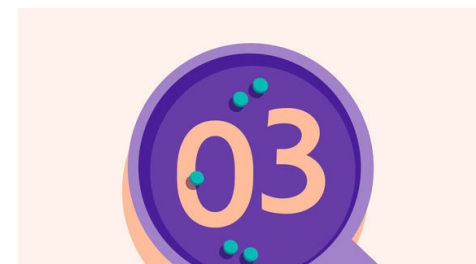
Heat **2 teaspoons** **oil** in a medium skillet over medium-high. Add **ground beef**, **grated garlic**, and **a pinch** each of **salt** and **pepper**. Cook, breaking up into smaller pieces, until browned, 3–5 minutes. Carefully spoon off **most of the fat**.



2. Make topping

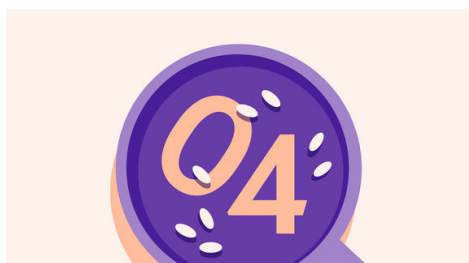
Stir **spinach** into skillet with **beef**; cook until just wilted, 1–2 minutes. Transfer to a medium heatproof bowl to let cool slightly, about 5 minutes. Crumble in **half of the feta**.

In a small bowl, whisk **1 large egg**; add to bowl with beef and spinach along with $\frac{1}{2}$ **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!