



## Fast! Broccoli & Sweet 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 broccolini 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 sweet peppers.

## What we send

- 1 red onion
- ¾ oz Parmesan <sup>7</sup>
- ½ lb broccolini
- 2 oz can tri-color sweet peppers <sup>12</sup>
- 2 baguettes <sup>1</sup>
- ¼ oz pkt toasted sesame seeds <sup>11</sup>
- 1 lemon
- 4 oz ricotta <sup>7</sup>

## What you need

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

## Tools

- microplane or grater
- rimmed baking sheet

## Allergens

Wheat (1), Milk (7), Sesame (11), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 800kcal, Fat 32g, Carbs 100g, Protein 28g



### 1. Prep ingredients

Preheat broiler with a rack in the center.

Halve and cut **all of the onion** into ½-inch thick wedges through the core. Finely grate **Parmesan**.

Cut **broccolini** into 1-inch thick spears. Slice **sweet peppers** into thin rounds.



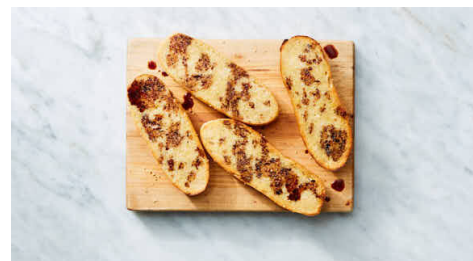
### 4. Broil veggies

Transfer **broccolini and onions** to reserved baking sheet and 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 total (watch closely).



### 2. Toast baguettes

Cut **baguettes** 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. Flip and drizzle **oil** over; sprinkle **sesame seeds** over each. Return to oven and toast until golden brown, about 2 minutes more (watch closely). Transfer to a cutting board. Reserve baking sheet for step 4.



### 5. Melt Parmesan & assemble

Sprinkle **Parmesan** over **broiled veggies** and return to center oven rack. Broil until cheese is melted and golden, 1-2 minutes more (watch closely). Drizzle **a little vinegar** over **cut sides of toasted baguettes**, then spread **lemon ricotta** on one half and top with **sweet peppers** and **broiled veggies**. Finish with **a drizzle of oil** and **a squeeze of lemon juice**, if desired.



### 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**.



### 6. Serve

Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)    **#marthaandmarleyspoon**