



Carrot Hummus Flatbread Pizza

with Arugula Salad & Feta Cheese



30-40min



2 Servings

Carrot what? That's right...hummus! Sweet roasted carrots get a mash-up with tahini and lemon. We spread the vitamin-rich hummus onto crispy flatbread and top it with delectable feta cheese. Dukkah, a nut-sesame-spice blend from Egypt, is the icing on the cake, or rather the garnish on the flatbread!

What we send

- 2 carrots
- 1 shallot
- 2 Mediterranean pitas ^{1,6,11}
- 1 oz salted almonds ¹⁵
- 2 (¼ oz) pkts toasted sesame seeds ¹¹
- ¼ oz ground cumin
- ¼ oz ground coriander
- 1 lemon
- 1 oz tahini ¹¹
- 2 oz feta ⁷
- 3 oz arugula

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium skillet
- rimmed baking sheet
- microplane or grater
- potato masher or fork

Allergens

Wheat (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 890kcal, Fat 60g, Carbs 73g, Protein 24g



1. Cook carrots

Preheat oven to 400°F. Peel **carrots**; slice ¼-inch thick. Trim ends from **shallot**, then halve and thinly slice.

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add carrots and cook until brown, 5 minutes. Add half of the shallots and **½ cup water**; bring to a boil. Cover and cook on low until tender & water evaporates, 12-14 minutes. Season with **¼ teaspoon salt**



4. Make hummus

Zest **lemon** into a bowl and squeeze the **juice** into a separate bowl. Coarsely mash **carrots** in the skillet using a potato masher or fork, cook over low heat until water is evaporated, 2-3 minutes. Add **tahini**, **half of the lemon zest**, and **1 tablespoon each of lemon juice and oil**. Season to taste with **salt** and **pepper**.



2. Toast flatbread

Meanwhile, brush **pitas** all over with **1 teaspoon oil** and toast directly on a rack in the oven until slightly crisp, 2-3 minutes (watch closely).



5. Assemble pizzas

Spread **hummus** on **flatbreads**, leaving ½-inch border. Crumble **feta** and sprinkle on top. Transfer to baking sheet and bake in the oven until cheese is softened, about 8 minutes. Sprinkle with **some of the dukkah** and drizzle lightly with **oil**.



3. Make dukkah

Press **almonds** with the bottom of a sturdy cup to crush and transfer to a rimmed baking sheet. Toast in the oven until lightly browned, 3-5 minutes (watch closely). Transfer to a small bowl to cool. Once cool, add **sesame seeds**, **cumin**, **coriander**, **½ teaspoon salt**, and **¼ teaspoon pepper**.



6. Make salad

Add **1 tablespoon lemon juice** to a large bowl. Whisk in **2 tablespoons oil**, **remaining lemon zest**, and **a pinch each of salt and pepper**. Add **arugula** and **remaining shallot**; toss to coat.

Cut **pizzas** into wedges and serve with **salad** and **remaining dukkah** on the side. Enjoy!