

DINNERLY



Hummus Flatbread

with Feta, Roasted Peppers & Spinach



ca. 20min



2 Servings

"We pita the fool" who doesn't love a good hummus-platter-turned-sandwich. And it couldn't be easier, because you don't even need a blender to make this creamy homemade hummus. We've got you covered!

WHAT WE SEND

- 15 oz can chickpeas
- 2 oz roasted red peppers
- 1 oz tahini ¹¹
- 2 Mediterranean pitas ^{1,6,11}
- 5 oz baby spinach
- 2 oz feta ⁷

WHAT YOU NEED

- garlic
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar
- kosher salt & ground pepper
- olive oil

TOOLS

- potato masher or fork
- rimmed baking sheet
- medium nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 810kcal, Fat 58g, Carbs 80g, Protein 29g



1. Prep ingredients

Preheat broiler with a rack in the upper third.

Finely chop **2 teaspoons garlic**. Drain **chickpeas**, reserving **2 tablespoons chickpea liquid**; rinse well.

In a small bowl, stir to combine **roasted red peppers** and **1 teaspoon vinegar**; season with **a pinch each of sugar, salt, and pepper**. Set aside for step 4.



2. Make hummus

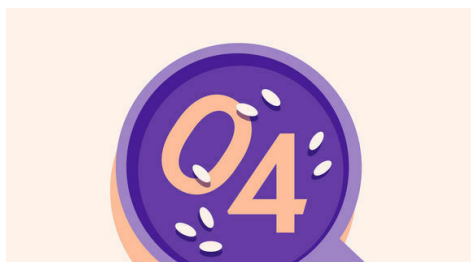
In a medium bowl, use a potato masher or fork to mash **chickpeas** until mostly smooth. Add **tahini, reserved chickpea liquid, half of the chopped garlic, ¼ cup oil, and 1 tablespoon vinegar**; mash to combine. Season with **salt and pepper**.



3. Toast pitas

Generously drizzle both sides of **pitas** with **oil**, then season with **salt and pepper**; transfer to a rimmed baking sheet.

Broil on upper oven rack until lightly toasted, 1–2 minutes per side (watch closely as broilers vary).



4. Wilt spinach

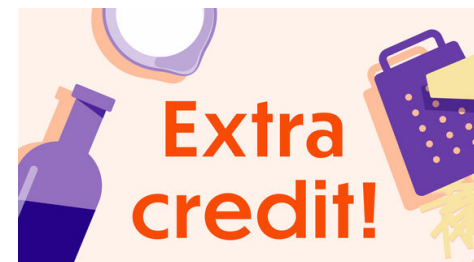
Heat **2 teaspoons oil** in a medium nonstick skillet over medium. Add **remaining chopped garlic** and cook, stirring, until fragrant, about 30 seconds. Add **spinach** and cook, stirring frequently, until wilted, 1–2 minutes. Off heat, stir in **roasted red peppers and any liquid**.



5. Assemble & serve

Spread **hummus** onto **pitas**; top with **wilted spinach and peppers**.

Serve **hummus flatbreads** with **feta** crumbled over top. Enjoy!



6. Extra creamy hummus!

Want your hummus to be extra smooth? Toss all the ingredients in step 2 in a blender or food processor and blend until creamy and smooth.