

# DINNERLY



## Caprese Flatbread with Spinach & Pesto

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Tomato + mozzarella + basil pesto. Three simple ingredients that work in perfect harmony. We love the refreshing yet filling taste of a caprese salad, but we love it even better on a flatbread. Make your plate even greener with leafy spinach and enjoy the great decisions you've made. We've got you covered!

## WHAT WE SEND

- 3¾ oz mozzarella <sup>1</sup>
- 12 oz grape tomatoes
- 2 Mediterranean pitas <sup>2,3,4</sup>
- 2 oz basil pesto <sup>1</sup>
- 5 oz baby spinach
- ¾ oz Parmesan <sup>1</sup>

## WHAT YOU NEED

- garlic
- balsamic vinegar (or vinegar of your choice)
- olive oil
- sugar
- kosher salt & ground pepper

## TOOLS

- box grater
- rimmed baking sheet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 690kcal, Fat 41g, Carbs 57g,  
Protein 28g



### 1. Prep ingredients

Preheat broiler with a rack in the upper third.

Thinly slice **mozzarella**. Grate **Parmesan**, if necessary. Halve **tomatoes**. Finely chop ½ **teaspoon garlic**.

In a medium bowl, combine ⅔ of the **tomatoes, chopped garlic, 1 tablespoon each of balsamic vinegar and oil, and a pinch of sugar**. Season to taste with **salt and pepper**.



### 2. Broil pitas & toppings

Lightly brush **pitas** with **oil**; place on a rimmed baking sheet. Broil on upper oven rack until golden, 1–2 minutes per side (watch closely as broilers vary).

Top pitas with **mozzarella, ⅔ of the grated Parmesan, and remaining tomatoes**. Season with **a few grinds of pepper**. Broil on upper oven rack until cheese is melted and starting to brown, 3–4 minutes (watch closely).



### 3. Dress spinach & serve

In a large bowl, combine **1 tablespoon pesto** and **2 teaspoons oil**. Add **spinach** and toss to coat.

Serve **caprese flatbreads** topped with **spinach, marinated tomatoes, and remaining pesto and Parmesan**. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!