

# 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 <sup>1</sup>
- 2 Mediterranean pitas <sup>1,2,3</sup>
- 5 oz baby spinach
- 2 oz feta <sup>4</sup>

## WHAT YOU NEED

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

## TOOLS

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

## ALLERGENS

Sesame (1), Soy (2), Wheat (3), Milk (4).  
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

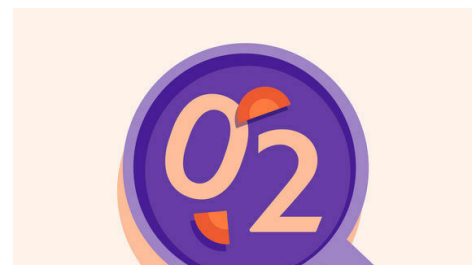


### 1. Prep ingredients

Preheat broiler with a rack in the upper third.

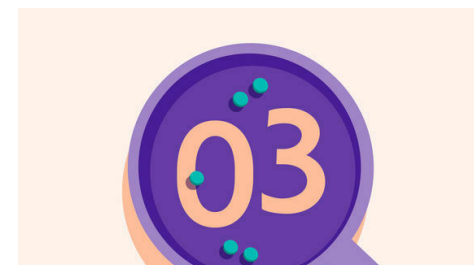
Finely chop **2 teaspoons garlic**. Drain **chickpeas**, reserving **2 tablespoons chickpea liquid**; rinse well.

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

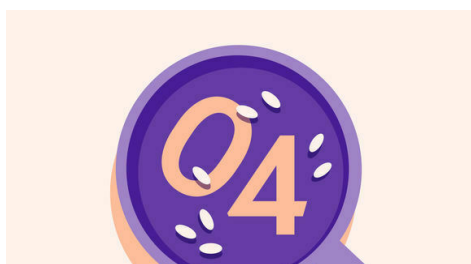
In a medium bowl, use a potato masher or fork to mash **chickpeas** until mostly smooth. Add **tahini, reserved chickpea liquid, half of the chopped garlic, ¼ cup oil, and 1 tablespoon vinegar**; mash to combine. Season with **salt and pepper**.



### 3. Toast pitas

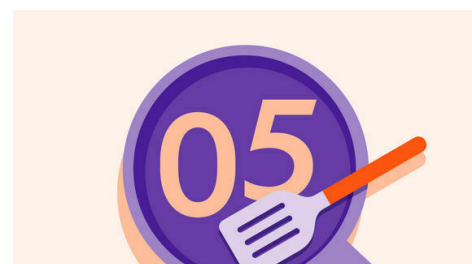
Generously drizzle both sides of **pitas** with **oil**, then season with **salt and pepper**; transfer to a rimmed baking sheet.

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



### 4. Wilt spinach

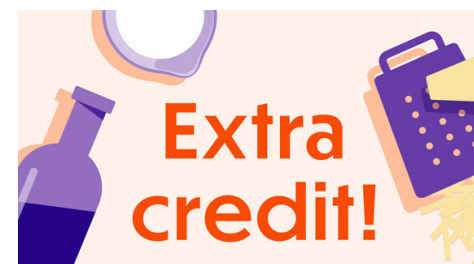
Heat **2 teaspoons oil** in a medium nonstick skillet over medium. Add **remaining chopped garlic** and cook, stirring, until fragrant, about 30 seconds. Add **spinach** and cook, stirring frequently, until wilted, 1–2 minutes. Off heat, stir in **roasted red peppers and any liquid**.



### 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.