



# VEGGIE PHYLLO PYRAMIDS

with Wilted Baby Spinach and Tomato Salad

VEGGIE



## HELLO

### PHYLLO PASTRY

These paper-thin dough sheets are commonly used in Mediterranean cooking

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 303



Phyllo Pastry



Shallot



Dried Oregano



Zucchini



Lemon



Grape Tomatoes



Feta Cheese, crumbled



Baby Spinach



Sour Cream

## BUST OUT

- Grater
- Zester
- Large Non-Stick Pan
- Measuring Spoons
- Silicone Brush
- Large Bowl
- Baking Sheet
- Butter **2 (2 tbsp)**
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person

- Phyllo Pastry **1** 85 g
- Shallot 25 g
- Dried Oregano 2 tsp
- Zucchini 227 g
- Lemon 1
- Grape Tomatoes 255 g
- Feta Cheese, crumbled **2** 28 g
- Baby Spinach 113 g
- Sour Cream **2** 3 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG

Preheat your oven to **400°F** (to bake the veggie phyllo pyramids). Start prepping when your oven comes up to temperature!



**1 PREP** Wash and dry all produce.\* Grate the **zucchini**. Zest, then cut the **lemon** in half. Juice **one half** and cut **remaining** into wedges. Peel and thinly slice the **shallot** into ¼-inch strips.



**4 MAKE POUCHES** Divide the **veggie-feta filling** between each centre of the **phyllo squares**. Gather the opposite corners of each phyllo square and pinch the edges together, sealing in the filling. (**TIP:** They will look like pyramids!) Arrange each pyramid on a parchment-lined baking sheet and bake in the centre of the oven until golden-brown, 10-12 min.



**2 PREP PHYLLO** Heat a large non-stick pan over medium heat. Add **2 tbsp butter** and swirl the pan until melted, 1-2 min. Remove the pan from the heat and brush the **melted butter** over each sheet of **phyllo**. Lay the buttery-sheets on top of each other and cut into 2 squares. Set aside.



**5 MAKE SALAD** Meanwhile, heat the same pan over medium-high heat. Add a drizzle of **oil**, then the **tomatoes, shallot** and **remaining oregano**. Cook, stirring occasionally, until tomatoes and shallot softens, 4-5 min. Add the **spinach** and **remaining lemon zest**. Cook, stirring together until the spinach wilts, 2-3 min. Add the **lemon juice** and season with **salt** and **pepper**.



**3 MAKE VEGGIE-FETA FILLING** In a large bowl, combine the **zucchini, feta, sour cream, half the lemon zest** and **half the oregano**. Season with **salt** and **pepper**.



**6 FINISH AND SERVE** Divide the **veggie pyramids** and **salad** between plates. Squeeze over a **lemon wedge**, if desired.

## DID YOU KNOW?

Pyramids are traditionally made with limestone, but these are made with flaky pastry!