

# Cheesy Broccoli Calzones

*with Tomato Dipping Sauce*

In this recipe, we're preparing calzones with a hearty broccoli filling and serving a spiced tomato sauce on the side. By blanching our broccoli before adding it to the filling, we're ensuring the florets have the perfect texture—soft, with just a hint of bite. Mixed with silky mozzarella, sharp Parmesan and a bit of the tomato sauce, they add gorgeous green color and plenty of flavor. One quick tip: be sure to pat your broccoli completely dry with paper towels before mixing it with the cheeses and sauce. This will keep the filling creamy and delicious!



#### Blue Apron Wine Pairing

Toccata Super Tuscan Red 2013



## Ingredients

1½ Pounds Plain Pizza Dough  
½ Pound Fresh Mozzarella Cheese  
1 28-Ounce Can Crushed Tomatoes  
4 Cloves Garlic  
¾ Pound Broccoli

### Knick Knacks

1 Tablespoon Italian Seasoning  
¼ Cup Grated Parmesan Cheese  
¼ Cup Semolina Flour

**Makes:** 4 servings | **Calories:** about 700 per serving  
**Prep Time:** 10 minutes | **Cook Time:** 35–45 minutes



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Recipe #245



# Instructions

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1



## Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Remove the dough from the refrigerator to bring to room temperature. Heat a large pot of salted water to boiling on high. Cut the broccoli into bite-sized florets. Peel and finely chop the garlic. Tear the mozzarella cheese into small pieces.

2



## Blanch & chop the broccoli:

Add the **broccoli** to the pot of boiling water. Cook, stirring occasionally, 2 to 4 minutes, or until bright green and slightly softened. Drain thoroughly and rinse under cold water for 20 to 30 seconds to stop the cooking process. Transfer to a cutting board and thoroughly pat dry with paper towels; roughly chop. Wipe out the pot.

3



## Make the tomato sauce:

In the pot used to blanch the broccoli, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until lightly browned and fragrant. Add the **crushed tomatoes** and **Italian seasoning**. Cook, stirring occasionally, 2 to 4 minutes, or until thoroughly combined and heated through. Remove from heat and season with salt and pepper to taste.

4



## Make the filling:

In a large bowl, combine the **chopped broccoli**, **Parmesan cheese**, **mozzarella cheese** and  $\frac{1}{3}$  of the **tomato sauce**; stir to thoroughly combine and season with salt and pepper to taste.

5



## Assemble the calzones:

Sprinkle **half the flour** onto a clean, dry work surface. Divide the **dough** into 4 equal-sized portions. Using your hands, gently stretch the portions into  $\frac{1}{4}$ -inch-thick rounds. (If the dough is resistant, let rest for 5 minutes.) Divide the **filling** between the centers of the rounds. Fold each round in half over the filling. Using your fingers or a fork, press or crimp the edges of the dough to seal the calzones.

6



## Bake the calzones & serve your dish:

Sprinkle the **remaining flour** onto a sheet pan. Carefully transfer the **calzones** to the prepared sheet pan; drizzle or brush the tops with olive oil. Bake 16 to 18 minutes, or until golden brown. Remove from the oven and let stand for at least 2 minutes. Transfer the **baked calzones** to a serving dish. Serve with the **remaining tomato sauce** on the side. Enjoy!