

Broccoli & Spinach Stromboli

with Fennel-Bell Pepper Salad & Tomato Dipping Sauce

Tonight, we're serving up a satisfying vegetarian spin on stromboli, an Italian-American baked dish similar to a calzone. Inside the golden crust, a combination of spinach, broccoli and fresh mozzarella makes for the perfectly textured, creamy bite. A marinated salad of sweet red bell pepper and anise-like fennel provides refreshing crunch and a bit of tang. And no stromboli would be complete without a tomato dipping sauce on the side.

Blue Apron Wine Pairings

Vermillion Red, 2014

Cubic Cabernet Sauvignon, 2014



Ingredients

- ¾ Pound Plain Pizza Dough
- 1 15-Ounce Can Tomato Sauce
- ½ Pound Fresh Mozzarella Cheese
- 4 Cloves Garlic
- 4 Ounces Spinach
- 1 Fennel Bulb
- 1 Lemon
- 1 Red Bell Pepper
- ½ Pound Broccoli
- 1 Large Bunch Parsley

Knick Knacks

- 1½ Tablespoons Capers
- ¼ Teaspoon Crushed Red Pepper Flakes

Makes: 3 servings | **Calories:** about 640 per serving

Prep Time: 15 minutes | **Cook Time:** 35–45 minutes



1



Prepare the ingredients:

Remove the dough from the refrigerator. Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Cut the broccoli into florets. Peel and mince the garlic; smash with the side of your knife until it resembles a paste (or use a zester). Using a peeler, remove the lemon rind, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Small dice the cheese. Core and thinly slice the fennel. Cut out and discard the pepper stem, ribs and seeds; thinly slice. Roughly chop the capers. Roughly chop the parsley.

2



Make the filling:

Add the **broccoli** to the pot of boiling water and cook 4 to 5 minutes, or until slightly softened. Add the **spinach** and cook 1 to 2 minutes, or until the spinach has wilted and the broccoli has softened. Drain thoroughly; transfer to a cutting board. When cool enough to handle, roughly chop. Transfer to a large bowl. Add the **lemon zest**, **half the garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Drizzle with olive oil and stir to combine. Season with salt and pepper to taste. Wipe out the pot.

3



Assemble the stromboli:

Transfer the **dough** to an oiled sheet pan; stretch into a 16-inch by 10-inch rectangle. (If resistant, let rest for 5 minutes.) Spread the **filling** down the center of the dough, forming a 4-inch-wide log. Top with the **cheese**; season with salt and pepper. Fold both short sides of the dough about 3 inches over the filling. Fold 1 of the long sides over the filling; carefully roll the stromboli over the remaining long side to seal. Arrange seam side down in the center of the sheet pan.

4



Bake the stromboli:

Cut 5 evenly-spaced slits on an angle across the top of the **stromboli**. Season with salt and pepper. Bake 20 to 22 minutes, or until the dough is golden brown and the cheese has melted. Remove from the oven and let stand for at least 2 minutes. Transfer to a cutting board and cut into 3 equal-sized pieces.

5



Make the salad:

While the stromboli bakes, in a large bowl, combine the **fennel**, **pepper**, **capers**, **parsley** and the **juice of all 4 lemon wedges**; season with salt and pepper. Drizzle with olive oil and toss to combine. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

6



Make the dipping sauce & plate your dish:

In the same pot, heat 1 teaspoon of olive oil on medium-high until hot. Add the **remaining garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **tomato sauce** and cook, stirring occasionally, 4 to 6 minutes, or until thickened. Remove from heat; season with salt and pepper to taste. Divide $\frac{2}{3}$ of the **baked stromboli** and **salad** between 2 dishes (you will have extra). Serve with the dipping sauce on the side (you will have extra).