

Spring Vegetable & Egg Sandwiches

with Snap Peas
& Spinach Ricotta

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 4

Tonight's sandwiches are chock-full of seasonal vegetables, including sautéed sugar snap peas and roasted baby broccoli. We're serving the vegetables between slices of focaccia (an airy bread and a specialty of Liguria, Italy) slathered with a zesty, creamy spread of ricotta and spinach. For the final touch, each sandwich is completed with a sunny side-up egg—whose rich yolk, when pressed between the layers, creates a delicious coating for the greens.



BLUE APRON WINE PAIRING:

Mt. Beautiful Pinot Gris, 2016

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Ingredients



4
CAGE-FREE
FARM EGGS



1 piece
FOCACCIA BREAD



4 oz
SPINACH



1/2 lb
SUGAR SNAP PEAS



1 bunch
BABY BROCCOLI



1 clove
GARLIC



1
PINK LEMON



1
YELLOW ONION

KNICK KNACKS:



2 Tbsp
ROASTED
PISTACHIOS



1/2 cup
PART-SKIM
RICOTTA CHEESE



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1 Prepare the ingredients & season the ricotta:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and thinly slice the onion.
- ☐ Cut off and discard the bottom inch of the baby broccoli; roughly chop.
- ☐ Snap off and discard the stem end of each snap pea; pull off and discard the tough string that runs the length of the pod.
- ☐ Quarter the bread, then halve each quarter horizontally.
- ☐ Using a peeler, remove the rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ In a bowl, combine the **ricotta cheese**, **lemon zest**, and **as much of the garlic paste as you'd like**. Drizzle with olive oil and season with salt and pepper to taste.



2 Roast the vegetables:

- ☐ Place the **onion** and **baby broccoli** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer. Roast 19 to 21 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3 Cook & chop the spinach:

- ☐ While the vegetables roast, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted. Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid. Transfer to a cutting board; finely chop. Transfer to the bowl of **seasoned ricotta cheese**. Stir to combine; season with salt and pepper to taste. Wipe out the pan.



4 Cook the snap peas:

- ☐ While the vegetables continue to roast, in the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **snap peas** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Transfer to a large bowl. Wipe out the pan.

5 Toast the bread:

- ☐ While the vegetables continue to roast, in the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Working in batches, add the **bread**, cut side down. Toast 2 to 3 minutes per batch, or until lightly browned. Transfer to a clean, dry work surface.



6 Cook the eggs & serve your dish:

- ☐ In the same pan, heat 2 teaspoons of olive oil on medium until hot. Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness. Turn off the heat.
- ☐ While the eggs cook, to the bowl of **cooked snap peas**, add the **roasted vegetables**, **pistachios**, the **juice of all 4 lemon wedges**, and a drizzle of olive oil. Stir to combine; season with salt and pepper to taste. Divide the **spinach-ricotta mixture** among the **toasted bread** bottoms. Top with the vegetable mixture and cooked eggs. Complete the sandwiches with the bread tops. Divide among 4 dishes. Enjoy!