

# Tomato & Eggplant Flatbreads

with Cucumber, Pepper, & Lemon Ricotta Salad

PREP TIME: 15 minutes

COOK TIME: 30-40 minutes

SERVINGS: 4

Tonight's hearty flatbreads evoke the flavors of an Italian favorite: savory eggplant parmesan. We're starting with a hearty mixture of vegetables including gorgeous fairytale eggplants, known for their striking purple color. Cooked with mushrooms, garlic, and charm tomatoes, the petite eggplants make an aromatic topping for our flatbreads—perfect for smothering with melty mozzarella cheese and plenty of fresh basil. On the side, we're making a salad of marinated cucumber and sautéed red pepper—all piled atop creamy, lemon-seasoned ricotta cheese.



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## Ingredients



1/2 lb  
FAIRYTALE  
EGGPLANTS



4  
POCKETLESS  
PITAS



1/2 lb  
PART-SKIM  
RICOTTA CHEESE



1  
CUCUMBER



1  
RED BELL PEPPER



4 oz  
CREMINI  
MUSHROOMS



2 Tbsp  
TOMATO PASTE



1 bunch  
BASIL



1 clove  
GARLIC



6 oz  
RED CHARM  
TOMATOES



1  
LEMON



1/2 lb  
FRESH  
MOZZARELLA  
CHEESE

## KNICK KNACKS:



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## 1 Prepare the ingredients & make the lemon ricotta:

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut the eggplants crosswise into ¼-inch-thick rounds.
- Cut off and discard the mushroom stems; quarter the caps.
- Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- Peel the cucumber, leaving alternating strips of skin intact; halve lengthwise. Using a spoon, scoop out and discard the seeds. Large dice the cucumber.
- Cut out and discard the stem, ribs, and seeds of the pepper; thinly slice lengthwise.
- Pick the basil leaves off the stems; discard the stems.
- Quarter and deseed the lemon.
- In a bowl, combine the **ricotta cheese**, the **juice of 2 lemon wedges**, and a drizzle of olive oil. Season with salt and pepper to taste.



## 2 Cook the vegetables:

- In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **eggplants** and **mushrooms** in a single, even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Add the **tomatoes**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until browned. Add the **tomato paste** and **half the garlic paste**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until dark red and fragrant. Add ¼ **cup of water**. Cook, stirring frequently and occasionally pressing down on the tomatoes with the back of the spoon, 1 to 2 minutes, or until the mixture has thickened. Transfer to a bowl; season with salt and pepper to taste. Rinse and wipe out the pan.



## 3 Assemble & bake the flatbreads:

- Lightly oil a sheet pan. Place the **pitas** on the prepared sheet pan (they may overlap slightly). Evenly top with the **cooked vegetables** and **mozzarella cheese** (tearing into bite-sized pieces before adding). Season with salt and pepper. Bake 8 to 10 minutes, or until the pitas are lightly browned and the cheese has melted. Remove from the oven.

## 4 Marinate the cucumber:

- While the flatbreads bake, in a large bowl, combine the **cucumber**, the **juice of the remaining lemon wedges**, **as much of the remaining garlic paste as you'd like**, and a drizzle of olive oil. Season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.



## 5 Cook the pepper & make the salad:

- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **pepper**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Transfer to the bowl of **marinated cucumber**. Add **half the basil** (tearing the leaves just before adding); stir to combine. Season with salt and pepper to taste.

## 6 Serve your dish:

- Transfer the **lemon ricotta** to a serving dish; using the back of a spoon, spread into an even layer. Top with the **salad**. Garnish the **baked flatbreads** with the **remaining basil** (tearing the leaves just before adding); divide among 4 dishes. Serve with the salad on the side. Enjoy!