



In your box

- 2 oz. Light Cream Cheese
- 8 oz. Broccoli Florets
- 3 oz. Shredded Cheddar Cheese
- 2 Naan Flatbreads
- 1 Yellow Onion
- 2 Garlic Cloves
- 1/2 oz. Baby Arugula
- 1 tsp. Frank's RedHot Sauce
- 1/4 tsp. Red Pepper Flakes



Broccoli and Cheddar Flatbread

with arugula

NUTRITION per serving—Calories: 712, Carbohydrates: 79g, Fat: 34g, Protein: 29g, Sodium: 1617mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
7 days

Difficulty Level 
Easy

Spice Level 
Medium

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **cheddar cheese**



1

Bake the Flatbreads

- Place **flatbreads** directly on oven rack and bake in hot oven until lightly browned, 6-8 minutes.
- While flatbreads bake, prepare ingredients.



2

Prepare the Ingredients

- Halve and peel **onion**. Cut halves into 1/4" dice.
- Cut **broccoli** into bite-sized pieces, if necessary.
- Mince **garlic**.



3

Roast the Broccoli

- Place **broccoli** on prepared baking sheet and toss with 2 tsp. **olive oil, garlic,** and a pinch of **salt and pepper**.
- Spread into a single layer. Roast until starting to brown, 8-10 minutes.
- Top broccoli with 1/3 the **cheddar cheese** (reserve remaining for sauce). Roast again until broccoli is tender and cheese is melted, 2-3 minutes.
- While broccoli roasts, make sauce.



4

Make the Cheese Sauce

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **onion** to hot pan and stir occasionally until softened and starting to brown, 4-6 minutes.
- Stir in 1/2 cup **water, cream cheese,** and remaining **cheddar cheese** until combined, 1-2 minutes.
- Remove from burner and stir in a pinch of **pepper and hot sauce** (to taste).



5

Assemble Flatbreads and Finish Dish

- Top **flatbreads** with **cheese sauce, broccoli,** and **arugula**.
- Plate dish as pictured on front of card, garnishing with **red pepper flakes** (to taste). Bon appétit!