Mushroom and Spinach Breakfast Flatbreads

2 topped flatbreads · Active 15 min · Total 27 min

Skills: Easy

Ingredients

- 2 medium flatbreads (about 160 g)
- 1/3 cup plain Greek yogurt (80 g)
- 1 teaspoon lemon juice (5 ml)
- 1/2 teaspoon dried thyme, divided
- 1 tablespoon olive oil (15 ml)
- 10 oz mushrooms, thickly sliced (285 g)
- 1 garlic clove, minced
- 3 oz baby spinach (85 g)
- 1/4 teaspoon fine salt
- 1/4 teaspoon black pepper

Set out

Large skillet, Small bowl, Stable chopping board

Allergens

Wheat, Milk. Check labels and substitutions.

Make it

1. Mix yogurt, lemon and half the thyme; keep chilled. Warm flatbreads in the dry skillet over medium heat, about 30 seconds per side, then set aside.

2. Add oil and raise heat to medium-high. Cook mushrooms for 6–8 minutes until browned and their liquid has evaporated.

3. Add garlic, remaining thyme, salt and pepper for 30 seconds. Add spinach and stir for 1–2 minutes until wilted.

4. Spread yogurt on warm flatbreads, spoon mushrooms and spinach over, and serve immediately.

Work in order

Prepare yogurt and slice vegetables before the pan goes on. In a small galley, a clear sequence prevents the hot skillet occupying the only cutting space.

A useful detail

If mushrooms crowd the skillet, cook in two batches rather than steaming them.

Keep it well

Refrigerate topping within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Keep yogurt and bread separate. Reheat mushrooms to 165°F/74°C, then assemble with chilled yogurt.