

Merguez-Style Brochettes

with Cauliflower “Couscous” & Salsa Verde

This recipe comes to you from Larry Baldwin, a friend of Blue Apron and executive chef at Cata on Manhattan’s Lower East Side. These delicious brochettes are inspired by merguez sausage, a rich, North African specialty full of warm spices like cinnamon, cumin, coriander, fennel and paprika. In the restaurant, Larry grates the cauliflower on a box grater to achieve a fine, couscous-like texture. While we love cooking at home, Cata is one of our favorite spots for a night out.



Ingredients

4 Cloves Garlic
1 1-Inch Piece Ginger
1 Bunch Cilantro
1 Bunch Mint
1 Bunch Parsley
1 Jalapeño Pepper
1 Lemon
1 Shallot
½ Head Cauliflower
3 Tablespoons Marcona Almonds
2 Teaspoons Harissa
10 Ounces Ground Beef
4 Small Wooden Skewers
3 Tablespoons Currants
1½ Teaspoons Madras Curry Powder
1 Tablespoon Cata’s Merguez Spice Blend
(Sweet Spanish Paprika, Coriander, Fennel, Cumin & Cinnamon)

Makes 2 Servings

About 700 Calories Per Serving



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Recipe #114

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic then, using the side of your knife, smash until it resembles a paste. Peel and mince the ginger and shallot. Pick the cilantro, mint and parsley leaves off the stems; discard the stems. Remove and discard the seeds and ribs of the jalapeño; mince the jalapeño. (Wash your hands after preparing the jalapeño.) Cut the lemon into quarters and remove the seeds. Remove and discard the core of the cauliflower, then finely chop the cauliflower. Roughly chop the almonds.



Make the salsa verde:

Finely chop the **cilantro**, **mint** and **parsley** leaves. Place in a small bowl along with the **jalapeño** and **half the garlic paste**. Whisk in enough olive oil to create a paste. Stir in the **juice of 2 lemon wedges**; season with salt and pepper to taste.



Make the brochettes:

In a medium bowl, combine the **ground beef**, **harissa**, **Cata spice blend**, **remaining garlic paste** and a big pinch of salt. Using your hands, mix until well combined. Shape the mixture into four 4-inch long patties. Insert a **wooden skewer** into the center of each.



Cook the brochettes:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the **brochettes** and cook 3 to 4 minutes per side, or until they reach your desired degree of doneness. (Halfway through cooking, carefully spoon any drippings over the brochettes.) Transfer the cooked brochettes to a plate and let rest at least 5 minutes. Carefully discard any hot oil in the pan.



Cook the cauliflower "couscous":

In the same pan used to cook the brochettes, heat 2 teaspoons of olive oil on medium-high until hot. Add the **shallot** and **ginger** and cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Stir in the **curry powder**, **cauliflower**, **currants** and **½ cup of water**. Cook, stirring occasionally, 2 to 3 minutes, or until the cauliflower has softened and the water is absorbed. Season with salt and pepper to taste. Stir in the **Marcona almonds** and remove from heat.



Plate your dish:

Divide the **cauliflower "couscous"** and **cooked brochettes** between 2 dishes. Top each with a spoonful of **salsa verde** (you may have extra salsa verde). Garnish with the **remaining lemon wedges**. Enjoy!