

Warm Cauliflower & Kale Salad

with Soft-Boiled Eggs & Sauce Meunière

The simple combination of browned butter, lemon juice and parsley is known as Meunière—a classic French sauce that turns tonight's simple roasted cauliflower into sophisticated fare. We're tossing our cauliflower with sautéed kale brightened up with a bit of lemon zest, and topping it all with garnishes parmesan breadcrumbs, crunchy almonds and a rich soft-boiled egg.



Blue Apron Wine Pairings

Seigneurie de Châtillon Chardonnay, 2015
Starmont Chardonnay, 2014



Ingredients

2 Cage-Free Farm Eggs
2 Cloves Garlic
1 Bunch Kale
1 Head Cauliflower
1 Lemon
1 Bunch Parsley

Knick Knacks

3 Tablespoons Roasted Almonds
2 Tablespoons Butter
1 Shallot
1 Tablespoon Capers
1/3 Cup Panko Breadcrumbs
1/4 Cup Grated Parmesan Cheese

Makes: 2 servings

Prep Time: 15 minutes | **Cook Time:** 25–35 minutes



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Recipe #1092

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a small pot of water to boiling on high. Cut out and discard the cauliflower core; cut the head into bite-sized florets. Peel and thinly slice the shallot. Peel and mince the garlic. Remove and discard the kale stems, keeping the leaves whole. Using a peeler, remove the yellow 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. Roughly chop the capers. Finely chop the parsley leaves and stems. Roughly chop the almonds.

2



Roast the cauliflower:

Place the **cauliflower** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 19 to 21 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven. Carefully transfer to a large bowl. Season with salt and pepper to taste.

3



Make the parmesan breadcrumbs:

While the cauliflower roasts, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **breadcrumbs**; season with salt and pepper. Toast, stirring frequently, 2 to 4 minutes, or until lightly browned. Remove from heat. Transfer to a bowl and stir in the **cheese**. Wipe out the pan.

4



Cook & peel the eggs:

While the cauliflower continues to roast, carefully add the **eggs** to the pot of boiling water. Cook for exactly 6 minutes. Drain and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. When cool enough to handle, carefully peel the cooked eggs and season with salt and pepper; set aside in a warm place.

5



Cook the kale:

While the eggs cook, in the pan used to make the breadcrumbs, heat 2 teaspoons of olive oil on medium-high until hot. Add the **shallot** and **garlic**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until softened and fragrant. Add the **kale** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until the kale has wilted and the water has cooked off. Turn off the heat; stir in the **lemon zest**. Transfer to the bowl of **cooked cauliflower**. Toss to thoroughly combine; season with salt and pepper to taste. Wipe out the pan.

6



Make the sauce & plate your dish:

In the same pan, heat the **butter** on medium-high until melted. Cook, stirring frequently and swirling the pan, 2 to 3 minutes, or until the butter is deep golden brown and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.) Turn off the heat. Stir in the **capers**, **parsley** and the **juice of all 4 lemon wedges**; season with salt and pepper to taste. Divide the **roasted cauliflower** and **cooked kale** between 2 bowls. Top with the **parmesan breadcrumbs**, **almonds**, **seasoned eggs** and sauce. Enjoy!