

# Roasted Cauliflower Pitas

*with Red Leaf Lettuce,  
Chickpea & Feta Salad*

**PREP TIME:** 15 minutes

**COOK TIME:** 35-45 minutes

**SERVINGS:** 4

Tonight's Mediterranean-inspired pita sandwiches highlight an assortment of hearty vegetables. Roasted cauliflower, carrots and shallot meld seamlessly with sautéed kale—while a tangy yogurt sauce brightens up their flavors. (Chefs, your variety of cauliflower may be white, green, orange or purple.) On the side, we're serving a red leaf lettuce salad, elevated by crispy chickpeas and crumbly feta.



## BLUE APRON WINE PAIRING:

Alma Rosa Pinot Noir, 2015

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## Ingredients



4  
PITAS



½ cup  
PLAIN GREEK  
YOGURT



1 ½ cups  
CHICKPEAS



2  
CARROTS



½ cup  
CRUMBLED FETA  
CHEESE



2  
SHALLOTS



2 cloves  
GARLIC



1 bunch  
KALE



1 head  
CAULIFLOWER



1 head  
RED LEAF  
LETTUCE



2 Tbsp  
RED WINE  
VINEGAR



3 Tbsp  
ROASTED  
ALMONDS

## KNICK KNACKS:



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## 1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut out and discard the cauliflower core; cut into florets.
- ☐ Peel the carrots and cut into ¼-inch-thick rounds.
- ☐ Peel 1 shallot; cut lengthwise into ½-inch-thick wedges. Peel the remaining shallot; mince to get 2 tablespoons (you may have extra).
- ☐ Drain and rinse the chickpeas.
- ☐ Peel and roughly chop the garlic.
- ☐ Remove and discard the kale stems; roughly chop the leaves.
- ☐ Cut off and discard the root end of the lettuce; roughly chop the leaves.
- ☐ Roughly chop the almonds.



## 2 Roast the vegetables:

- ☐ Place the **cauliflower**, **carrots** and **shallot wedges** on a sheet pan. Drizzle with olive oil; season with salt and pepper. Toss to coat. Arrange in a single, even layer. Roast 24 to 26 minutes, or until lightly browned and tender when pierced with a fork. Leaving the oven on, remove from the oven. Season with salt and pepper to taste. Set aside in a warm place.

## 3 Cook the chickpeas:

- ☐ While the vegetables roast, spread the **chickpeas** onto a layer of paper towels. Using a second layer of paper towels, gently pat or roll the chickpeas to thoroughly dry; discard the paper towels and any loose skins. In a large pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium until hot. Once hot enough that a chickpea sizzles immediately when added, add the chickpeas. Cook, stirring occasionally, 10 to 12 minutes, or until lightly browned. Increase the heat to high and cook, stirring frequently, 2 to 4 minutes, or until browned and crispy. Transfer to a paper towel-lined plate; immediately season with salt and pepper. Carefully discard any oil and wipe out the pan.



## 4 Cook the kale:

- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted. Add ½ **cup of water**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until the water has cooked off. Turn off the heat; season with salt and pepper to taste.

## 5 Make the salad:

- ☐ To make the dressing, in a bowl, combine the **minced shallot** and ¾ of **the vinegar**; season with salt and pepper. Slowly whisk in **1 tablespoon of olive oil** until well combined; season with salt and pepper to taste. In a large bowl, combine the **lettuce**, **cheese**, **almonds** and **cooked chickpeas**; season with salt and pepper. Just before serving, add enough of the dressing to coat (you may have extra). Toss to mix; season with salt and pepper to taste. Transfer to a serving dish.



## 6 Warm the pitas & serve your dish:

- ☐ Place the **pitas** onto the oven rack; warm 2 to 3 minutes, or until pliable. Transfer to a cutting board; halve, then open. In a bowl, combine the **yogurt** and **remaining vinegar**. Drizzle with olive oil; season with salt and pepper to taste. Spread some of the yogurt sauce into the pitas; fill with the **kale** and **vegetables** (you may have extra). Divide among 4 dishes. Garnish with the remaining sauce. Serve with the **salad**. Enjoy!