

Roasted Cauliflower & Freekeh Salad

with Lemon-Yogurt Sauce
& Spiced Tahini Dressing

PREP TIME: 15 minutes

COOK TIME: 30-40 minutes

SERVINGS: 2

One of our favorite ways to turn cauliflower into a hearty centerpiece is by roasting thick slices until nutty-sweet (or making "steaks"). For this Middle Eastern-inspired dish, we're pairing roasted cauliflower with a salad of crisp cucumber, sweet dates, and freekeh—a type of wheat harvested young and toasted. To bring it all together, we're serving the salad over a layer of lemony yogurt and finished it with a drizzle of tahini dressing seasoned with traditional spices. (Chefs, your cauliflower may be a white, green, orange, or purple variety.)



BLUE APRON WINE PAIRING:

Kôtuku Pinot Noir, 2014

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Ingredients



3/4 cup
CRACKED
FREEKEH



1/2 cup
PLAIN GREEK
YOGURT



1
PERSIAN
CUCUMBER



1 bunch
PARSLEY



2 cloves
GARLIC



1 head
CAULIFLOWER



1
LEMON

KNICK KNACKS:



2 Tbsp
ROASTED
ALMONDS



1 oz
MEDJOOl DATES



2 Tbsp
TAHINI



1 Tbsp
TAHINI DRESSING
SPICE BLEND*

* Za'atar & Aleppo Pepper



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1 Prepare & roast the cauliflower:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the **cauliflower**. Cut off and discard the stem end and leaves of the cauliflower; cut the head into 1-inch-thick slices (keeping them as intact as possible).
- ☐ Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; gently turn to coat. Arrange in a single, even layer.
- ☐ Roast 25 to 27 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

2 Cook the freekeh:

- ☐ While the cauliflower roasts, add the **freekeh** to the pot of boiling water. Cook, uncovered, 22 to 25 minutes, or until tender.
- ☐ Drain thoroughly and return to the pot. Set aside in a warm place.

3 Prepare the remaining ingredients:

- ☐ While the freekeh cooks, wash and dry the remaining fresh produce.
- ☐ 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.
- ☐ Peel and finely chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Thinly slice the cucumber into rounds.
- ☐ Pit and roughly chop the dates.
- ☐ Roughly chop the almonds.
- ☐ Roughly chop the parsley leaves and stems.

4 Make the tahini dressing:

- ☐ While the freekeh continues to cook, in a bowl, combine the **tahini, spice blend, the juice of 1 lemon wedge, 3 tablespoons of water, and 2 tablespoons of olive oil**. Whisk until smooth. Season with salt and pepper to taste.

5 Make the yogurt sauce:

- ☐ While the freekeh continues to cook, in a bowl, combine the **yogurt, lemon zest, the juice of 1 lemon wedge, as much of the garlic paste as you'd like, and 1 teaspoon of olive oil**. Season with salt and pepper to taste.

6 Finish the freekeh & plate your dish:

- ☐ To the pot of **cooked freekeh**, add the **cucumber, dates, almonds, half the parsley, and the juice of the remaining lemon wedges**. Drizzle with olive oil and season with salt and pepper to taste.
- ☐ Divide the **yogurt sauce** between 2 dishes; spread into a thin layer.
- ☐ Top with the finished freekeh and **roasted cauliflower**. Garnish with **half the tahini dressing** and the **remaining parsley**. Serve with the **remaining tahini dressing** on the side. Enjoy!

