

Roasted Cauliflower Salad

with Caper Brown Butter & Parmesan Breadcrumbs

VEGETARIAN
CARB CONSCIOUS
500 CALORIES OR LESS

🕒 30-40 MINS | 2 SERVINGS

We're bringing roasted cauliflower and sautéed kale together with cheesy toasted breadcrumbs and a briny caper-studded brown butter sauce. Served on top, soft-boiled eggs add extra richness to the dish.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



2
PASTURE-RAISED
EGGS



1 head
CAULIFLOWER



1
SHALLOT



¼ cup
PANKO
BREADCRUMBS



2 Tbsps
BUTTER



1 bunch
KALE



1
LEMON



2 cloves
GARLIC



1 Tbsp
CAPERS



¼ cup
GRATED
PARMESAN
CHEESE



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare & roast the cauliflower:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a small pot $\frac{3}{4}$ of the way up with water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut out and discard the core of the **cauliflower**; cut into small florets. Place on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 22 to 24 minutes, or until browned and tender when pierced with a fork. Carefully transfer to a large bowl.



2 Prepare the remaining ingredients:

- Meanwhile, peel and thinly slice the **shallot**.
- Peel and roughly chop **2 cloves of garlic**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Zest the **lemon** to get 1 teaspoon (if you don't have a zester, use a peeler to remove the yellow rind of the lemon, avoiding the white pith; mince the rind). Halve the lemon crosswise; squeeze the juice into a bowl, straining out the seeds.

3 Cook & peel the eggs:

- Carefully add the **eggs** to the pot of boiling water and cook 7 minutes for soft-boiled, or until your desired degree of doneness. Drain thoroughly and rinse under cold water 30 seconds to 1 minute to stop the cooking process.
- When cool enough to handle, peel the cooked eggs. Season with salt and pepper.

4 Make the parmesan breadcrumbs:

- Meanwhile, 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 3 minutes, or until lightly browned.
- Transfer to a bowl and stir in the **cheese**. Taste, then season with salt and pepper if desired.
- Wipe out the pan.



5 Cook the kale & finish the cauliflower:

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced shallot** and **chopped garlic**. Cook, stirring constantly, 1 to 2 minutes, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add $\frac{1}{4}$ **cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Transfer to the bowl of **roasted cauliflower**; add the **lemon zest**. Season with salt and pepper; gently stir to combine. Wipe out the pan.



6 Make the caper brown butter & serve your dish:

- In the same pan, heat the **butter** on medium-high until melted. Once melted, cook, stirring constantly, 1 to 2 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted). Turn off the heat.
- Add the **capers** and **lemon juice** (carefully, as the liquid may splatter); stir until combined. Taste, then season with salt and pepper if desired.
- Serve the **finished cauliflower and kale** topped with the **caper brown butter**, **parmesan breadcrumbs**, and **seasoned eggs**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)* Calories: 490, Total Carbohydrates: 30g, Dietary Fiber: 8g, Added Sugar: 0g, Total Fat: 35g, Saturated Fat: 13g, Protein: 20g, Sodium: 940mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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