

# Roasted Broccoli & Fregola Sarda Salad

with Hard-Boiled Eggs & Tahini Dressing

**TIME:** 30-40 minutes

**SERVINGS:** 2

This Middle Eastern-inspired recipe is brimming with varied flavors and textures. Toasty pearls of pasta, roasted vegetables (seasoned with savory, herby za'atar), crumbled cheese, and chopped almonds all come together in a smooth, nutty dressing.



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## Ingredients



2  
CAGE-FREE  
FARM EGGS



1/2 cup  
FREGOLA SARDA  
PASTA



1 clove  
GARLIC



1  
LEMON



1 lb  
BROCCOLI



1  
RED ONION



1  
BUNCH MINT

## KNICK KNACKS:



3 Tbsps  
ROASTED  
ALMONDS



2 Tbsps  
TAHINI



1 Tbsp  
ZA'ATAR  
SEASONING\*



1 oz  
PECORINO  
ROMANO CHEESE

\* Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano, & Crushed Aleppo Pepper



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### 1 Prepare & roast the vegetables:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Heat a small pot of water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small pieces, keeping the florets intact. Peel and thinly slice the **onion**.
- ☐ Place the vegetables on a sheet pan. Drizzle with olive oil and season with salt, pepper, and the **za'atar seasoning**; toss to coat. Arrange in an even layer.
- ☐ Roast 20 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



### 2 Prepare the remaining ingredients:

- ☐ While the vegetables roast, 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).
- ☐ Roughly chop the **almonds**. Using a fork, crumble the **cheese** into small pieces.
- ☐ Pick the **mint** leaves off the stems; discard the stems.

### 3 Cook the pasta:

- ☐ While the vegetables continue to roast, add the **pasta** to the medium pot of boiling water and cook 14 to 16 minutes, or until tender. Turn off the heat.
- ☐ Drain thoroughly and return to the pot.



### 4 Cook & peel the eggs:

- ☐ While the pasta cooks, carefully add the **eggs** to the small pot of boiling water and cook for exactly 9 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. Transfer to a cutting board and thinly slice into rounds; season with salt and pepper.

### 5 Make the dressing:

- ☐ While the eggs cook, in a bowl, whisk together the **tahini**, the **juice of all 4 lemon wedges**, **2 tablespoons of water**, and **as much of the garlic paste as you'd like**. Slowly whisk in **2 tablespoons of olive oil** until well combined; season with salt and pepper to taste.



### 6 Finish & serve your dish:

- ☐ Add the **roasted vegetables**, **chopped almonds**, **crumbled cheese**, **dressing**, and a drizzle of olive oil to the pot of **cooked pasta**. Stir to combine; season with salt and pepper to taste.
- ☐ Serve the finished salad topped with the **seasoned eggs** and a drizzle of olive oil. Garnish with the **mint leaves** (tearing just before adding). Enjoy!