

Roasted Cauliflower Salad

with Caper Brown Butter & Parmesan Breadcrumbs

TIME: 30-40 minutes

SERVINGS: 2

Seasonal salads don't get much more satisfying than this. We're bringing roasted cauliflower and sautéed kale together with cheesy toasted breadcrumbs and a briny caper-studded dressing. Served on top, soft-boiled eggs add extra richness.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



1 head
CAULIFLOWER



2
CAGE-FREE
FARM EGGS



2 cloves
GARLIC



1 bunch
KALE



1
LEMON

KNICK KNACKS:



2 Tbsps
BUTTER



1
SHALLOT



1 Tbsp
CAPERS



3 Tbsps
PANKO
BREADCRUMBS



1/4 cup
GRATED
PARMESAN
CHEESE



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1 Prepare & roast the cauliflower:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a small pot of water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Cut out and discard the core of the **cauliflower**; cut the head into small pieces. 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 lightly browned and tender when pierced with a fork. Carefully transfer to a large bowl.

2 Prepare the remaining ingredients:

- ☐ While the cauliflower roasts, peel and thinly slice the **shallot**. Peel and roughly chop the **garlic**.
- ☐ Remove and discard the stems of the **kale**; roughly chop the leaves.
- ☐ 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.

3 Make the soft-boiled eggs:

- ☐ While the cauliflower continues to roast, carefully add the **eggs** to the pot of boiling water and cook for 6 to 7 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 soft-boiled eggs.

4 Make the parmesan breadcrumbs:

- ☐ While the eggs cook, 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.
- ☐ Transfer to a bowl and stir in the **cheese**; season with salt and pepper to taste. Wipe out the pan.

5 Cook the kale:

- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **sliced shallot** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- ☐ Add the **chopped kale** and $\frac{1}{4}$ **cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the kale has wilted and the water has cooked off.
- ☐ Turn off the heat and stir in the **lemon zest**.
- ☐ Transfer to the bowl of **roasted cauliflower**. Gently stir to combine; season with salt and pepper to taste. 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. Cook, stirring frequently and swirling the pan, 1 to 2 minutes, or until browned and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.)
- ☐ Turn off the heat; stir in the **capers** and the **juice of all 4 lemon wedges**. Season with salt and pepper to taste.
- ☐ Serve the **finished cauliflower and kale** topped with the caper brown butter, **parmesan breadcrumbs**, and **peeled eggs**; season the eggs with salt and pepper. Enjoy!