

Sicilian Cauliflower & Farro Bowl

with Hot Honey, Pistachios & Mint

2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
blueapron.com




 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients

ADDED:



10 oz Hot Italian Pork Sausage 



2 Tbsps Dried Currants



2 Tbsps Roasted Pistachios



$\frac{1}{3}$ cup Salsa Verde



2 Pasture-Raised Eggs



$\frac{1}{2}$ cup Semi-Pearled Farro



1 bunch Mint



1 Tbsp Honey



1 head Cauliflower



1 Bell Pepper



0.7 oz Grana Padano Cheese



1 $\frac{1}{2}$ tps Calabrian Chile Paste



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

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*Ingredients may be replaced and quantities may vary.

1 Cook the farro

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a small pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **farro** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and transfer to a bowl.
- Refill the pot $\frac{3}{4}$ of the way up with water; cover and heat to boiling on high.



2 Prepare the ingredients & make the hot honey

- Meanwhile, wash and dry the fresh produce.
- Cut out and discard the core of the **cauliflower**; cut into small florets.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Roughly chop the **pistachios**.
- Place the **currants** in a bowl; cover with **hot water**. Set aside to rehydrate at least 10 minutes.
- Pick the **mint** leaves off the stems.
- In a separate bowl, combine the **honey** (kneading the packet before opening) and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.



3 Roast the vegetables

- Place the **cauliflower florets** and **sliced pepper** 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.
- Remove from the oven.



4 Cook the eggs

- Meanwhile, 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.



➡ ADDITIONAL STEP *If you chose Pork Sausage*

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sausage**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 7 to 9 minutes, or until browned and cooked through. Turn off the heat.

5 Finish the farro & serve your dish

- To the bowl of **cooked farro**, add the **salsa verde**, **rehydrated currants** (draining before adding), and **cheese** (crumbling before adding).
- Serve the **finished farro** topped with the **roasted vegetables** and **seasoned eggs**. Drizzle with the **hot honey** and garnish with the **chopped pistachios** and **mint leaves** (tearing just before adding). Enjoy!



➡ CUSTOMIZED STEP 5 *If you chose Pork Sausage*

- Finish the farro and serve your dish as directed, topping with the **cooked sausage** after the vegetables.