

Roasted Cauliflower & Farro Salad

with Tahini-Yogurt Sauce

TIME: 30-40 minutes

SERVINGS: 2

In this sophisticated vegetarian dish, we're pairing hearty slices of roasted cauliflower with a bright, raisin-studded grain salad. It all comes together with a layer of nutty, creamy yogurt sauce.



MATCH YOUR BLUE APRON WINE



Floral & Aromatic

Serve a bottle with this symbol for a great pairing.



Ingredients



1/2 cup
SEMI-PEARLED
FARRO



1 head
CAULIFLOWER



1
ZUCCHINI



2 cloves
GARLIC



6 oz
CARROTS



1
PINK LEMON

KNICK KNACKS:



1 1/2 Tbsps
GOLDEN RAISINS



2 Tbsps
ROASTED
SUNFLOWER
SEEDS



1/2 cup
PLAIN GREEK
YOGURT



2 Tbsps
TAHINI



1 1/2 oz
FETA CHEESE



Download our iOS or Android app to watch how-to videos, manage your account, and track your deliveries.



1 Prepare & roast the cauliflower:

- ☐ 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.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the stem end and leaves of the **cauliflower**. Cut the head into 1-inch-thick pieces, keeping them as intact as possible.
- ☐ Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; carefully turn to coat.
- ☐ Roast 25 to 27 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

2 Cook the farro:

- ☐ While the cauliflower roasts, add the **farro** to the pot of boiling water. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- ☐ Drain thoroughly and return to the pot.

3 Prepare the remaining ingredients:

- ☐ While the farro cooks, peel the **carrots**; thinly slice into rounds.
- ☐ Medium dice the **zucchini**.
- ☐ Peel and roughly chop the **garlic**.
- ☐ Quarter and deseed the **lemon**.

4 Cook the carrots & zucchini:

- ☐ While the farro continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- ☐ Add the **diced zucchini** and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and softened. Turn off the heat.

5 Make the sauce:

- ☐ While the carrots and zucchini cook, in a medium bowl, whisk together the **yogurt**, **tahini**, and the **juice of 3 lemon wedges**. Drizzle with olive oil and season with salt and pepper to taste.

6 Finish the farro & serve your dish:

- ☐ To the pot of **cooked farro**, add the **cooked carrots and zucchini**, **sunflower seeds**, **raisins**, **cheese** (crumbling before adding), a drizzle of olive oil, and the **juice of the remaining lemon wedge**. Stir to combine and season with salt and pepper to taste.
- ☐ Divide the **sauce** between two dishes and spread into an even layer. Top with the **finished farro**, **roasted cauliflower**, and a drizzle of olive oil. Enjoy!