

Kale & Roasted Cauliflower Salad

with Caper Brown Butter &
Parmesan Breadcrumbs

2 SERVINGS

30-40 MINS

 Blue Apron
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Ingredients

Customized ingredients

ADDED:



2 Steaks 



2 cloves Garlic



1 oz Salted Butter

 2 Pasture-Raised Eggs

 6 oz Kale

 1 Lemon

 1/4 cup Grated Parmesan Cheese

 1 head Cauliflower

 1 Shallot

 1 Tbsp Capers

 1/4 cup Panko Breadcrumbs



Serve with Blue Apron wine that has this symbol
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"Alexa, find Blue Apron recipes."

1 Prepare & roast the cauliflower

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a small pot 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 lightly 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.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 1 teaspoon. 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 a drizzle 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 a drizzle 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 **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.



➡ ADDITIONAL STEP If you chose Steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.

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. Stir in the **capers** and **lemon juice** (carefully, as the liquid may splatter). 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!



➡ CUSTOMIZED STEP 6 If you chose Steaks

- Make the caper brown butter as directed in Step 6.
- Find the lines of muscle (or grain) on the **rested steaks**; thinly slice crosswise against the grain.
- Serve the **sliced steaks** with the **finished cauliflower and kale**. Top with the **caper brown butter, parmesan breadcrumbs, seasoned eggs**. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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