

# Roasted Cauliflower & Lentil Salad

with Jalapeño Vinaigrette & Creamy Salsa Verde

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*

Customized ingredients

### ADDED:



10 oz Tail-On Shrimp<sup>1</sup>



1 Jalapeño Pepper



2 Tbsps Crème Fraîche



2 Tbsps Sliced Roasted Almonds



2 Pasture-Raised Eggs



1 head Cauliflower



4 oz Grape Tomatoes



1/3 cup Salsa Verde



1/2 cup Black Beluga Lentils



2 cloves Garlic



2 Scallions



1 Tbsp Sherry Vinegar



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



7 - 12

PersonalPoints™  
range per serving

Now your Points value is personalized to YOU! It could be between 7-12 Points. Scan the barcode to see yours!

If you customized this recipe, your PersonalPoints may differ from what's above.



STANDARD RECIPE



CUSTOMIZED

Scan these barcodes in your WW app to track PersonalPoints. Wine is not included in PersonalPoints calculations.

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<sup>1</sup>. peeled & deveined

\*Ingredients may be replaced and quantities may vary.



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Cook the eggs

- Preheat the oven to 450°F.
- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Once boiling, carefully add the **eggs** to the pot and cook 7 minutes for soft-boiled, or until your desired degree of doneness.
- Leaving the pot of water boiling, using a slotted spoon or tongs, transfer the eggs to a strainer 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.



## 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut out and discard the core of the **cauliflower**; cut into small florets.
- Thinly slice the **scallions** on an angle, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**; place in a large bowl. Season with salt and pepper.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.
- In a bowl, combine **salsa verde** and **crème fraîche**. Taste, then season with salt and pepper if desired.



## 3 Cook the lentils

- Add the **lentils** to the same pot of boiling water. Cook, stirring occasionally, 25 to 27 minutes, or until tender. Turn off the heat.
- Drain thoroughly and rinse under water.



## 4 Roast the cauliflower

- Meanwhile, place the **cauliflower florets** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat and 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.



## 5 Make the vinaigrette

- Meanwhile, in a separate, small pot, heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions, chopped garlic, and as much of the sliced pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Turn off the heat. Stir in the **vinegar**.



### ↺ ADDITIONAL STEP *If you chose Shrimp*

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Turn off the heat.

## 6 Finish & serve your dish

- To the bowl of **seasoned tomatoes**, add the **cooked lentils, vinaigrette, and roasted cauliflower**. Toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished cauliflower and lentils** topped with the **seasoned eggs**. Drizzle with the **creamy salsa verde**. Garnish with the **almonds and sliced green tops of the scallions**. Enjoy!



### ↺ CUSTOMIZED STEP 6 *If you chose Shrimp*

- Finish and serve your dish as directed, topping with the **cooked shrimp** before the eggs.