

Roasted Cauliflower & Farro Salad

with Tahini-Yogurt Sauce

2 SERVINGS

30-40 MINS

 **Blue Apron**

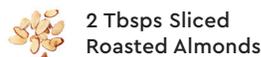
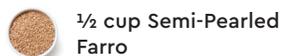
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Ingredients*

Customized ingredients

ADDED:



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



11 Points[®] value per serving



Scan this barcode in your WW app to track Points[™]. Wine is not included in Points[™] as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 Points[™]) instead of olive oil (1 Points[™] value per teaspoon) to coat your pan before heating.

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

To learn more about the (NEW!) WW Points[™] program, visit ww.com. The WW logo, Points and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. peeled & deveined

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare & roast the cauliflower

- 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 medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Line a sheet pan with foil.
- Remove the leaves of the **cauliflower**; cut lengthwise through the core into 1-inch-thick steaks (keeping them as intact as possible). Place on the sheet pan. Drizzle with **olive oil** and season with salt and pepper; carefully turn to coat.
- Roast 25 to 27 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



2 Cook the farro

- Meanwhile, 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

- Meanwhile, peel the **carrots**; thinly slice into rounds.
- Peel and roughly chop **2 cloves of garlic**.
- Quarter and deseed the **lemon**.



4 Cook the carrots

- In a medium pan (nonstick, if you have one), heat a drizzle 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 **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned and softened.
- Turn off the heat.



5 CUSTOMIZED STEP 4 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 a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned shrimp** and **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the shrimp are slightly opaque and the carrots are slightly softened.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the shrimp are opaque and cooked through.
- Turn off the heat.

5 Make the sauce

- Meanwhile, in a bowl, combine the **yogurt, tahini, honey** (kneading the packet before opening), **the juice of 3 lemon wedges**, and a drizzle of **olive oil**. Season with salt and pepper.



6 Finish the farro & serve your dish

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



5 CUSTOMIZED STEP 6 If you chose Shrimp

- Finish the farro and serve your dish as directed, using the **cooked shrimp and carrots**.