

# Cauliflower & Seared Endive Gratin

*with Parsley, Orange & Walnut Salad*

Simply defined, a gratin is a baked dish with a golden crust. It's usually made with alternating layers of sauce and vegetables topped with cheese. But within that definition, there are endless possibilities. Here, you'll make the gratin with a small, couscous-like pasta, called fregola sarda. Hailing from the Mediterranean island of Sardinia, it's a delicious, chewy complement to the creaminess of béchamel and the crunch of seared endives.

## Ingredients

- ½ Cup Fregola Sarda
- 1 Cup Low-Fat Milk
- 1 Belgian Endive
- 1 Orange
- 1 Pound Cauliflower
- 1 Bunch Parsley

## Knick Knacks

- 2 Ounces Alpine Swiss Cheese
- 2 Tablespoons All-Purpose Flour
- 2 Tablespoons Walnuts
- ¼ Cup Panko Breadcrumbs
- ½ Teaspoon Gratin Spice Blend  
*(Nutmeg, Mustard Seed & Cayenne Pepper)*

**Makes 2 Servings**

**About 700 Calories Per Serving**



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**Recipe #460**



1



### Cook the fregola sarda:

Preheat the oven to 475°F. Heat a medium pot of salted water to boiling on high. Once boiling, add the **fregola sarda**. Cook 12 to 15 minutes, or until tender. Drain thoroughly and set aside. Rinse and wipe out the pot.

2



### Prepare the ingredients:

While the fregola sarda cooks, wash and dry the fresh produce. Cut off and discard the root of the endive; separate the leaves. Using a peeler, remove the rind of the orange, avoiding the pith; mince to get 2 teaspoons of zest. Cut the top and bottom off the orange. Cut out the segments (or supremes) from between the membranes; place in a bowl. Squeeze the juice from the membranes over the supremes; discard the membranes. Cut out and discard the stem of the cauliflower; cut the cauliflower head into small florets. Pick the parsley off the stems; discard the stems. Remove and discard the rind of the cheese; grate the cheese. Roughly chop the walnuts.

3



### Roast the cauliflower & sear the endive:

Place the **cauliflower** on a sheet pan; drizzle with olive oil and season with salt and pepper. Roast in the oven 10 to 12 minutes, or until lightly browned. While the cauliflower roasts, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **endive leaves**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until lightly browned. Remove from heat and add **the juice from the bowl of orange supremes**; stir until coated. Transfer to a bowl. Wipe out the pan.

4



### Make the béchamel sauce:

While the cauliflower continues to roast, make the béchamel sauce. In the same pot used to cook the fregola sarda, heat 1 tablespoon of olive oil on medium-high until hot. Add the **flour** and cook, stirring frequently, 1 to 2 minutes, or until toasted and fragrant. Slowly whisk in the **milk**, **orange zest** and **1 cup of water**. Cook, stirring frequently, 3 to 5 minutes, or until slightly thickened; season with salt and pepper. Add the **Swiss cheese** and **spice blend**; stir until incorporated. Remove from heat.

5



### Assemble & bake the gratin:

Add the **cooked fregola sarda**, **roasted cauliflower** and **seared endive** to the pot of **béchamel sauce**; stir until well combined. Transfer the mixture to a 1-quart baking dish. In a small bowl, toss the **panko breadcrumbs** with olive oil, then evenly distribute atop the baking dish. Bake 16 to 18 minutes, or until the top of the gratin is golden brown. Let stand for 2-3 minutes before serving.

6



### Toast the nuts & make the salad:

While the gratin bakes, heat the same pan used to sear the endive on medium until hot. Add the **walnuts** and toast, stirring frequently, 2 to 4 minutes, or until warmed and fragrant. In a small bowl, combine the **orange supremes**, **parsley**, **toasted walnuts** and a drizzle of olive oil; season with salt and pepper to taste. Toss to thoroughly combine and serve on the side. Enjoy!