



# **Ingredients**

- 2 Farm Eggs
- 2 Cloves Garlic
- 1 Bunch Lacinato Kale
- 1 Head Cauliflower
- 1 Lemon
- 1 Bunch Parsley

### **Knick Knacks**

- 4 Tablespoons Butter
- 1 Tablespoon Capers
- 1 Shallot
- 1/4 Cup Panko Breadcrumbs
- 1/4 Cup Grated Parmesan Cheese

Makes: 2 servings | Calories: about 650 per serving Prep Time: 15 minutes | Cook Time: 20–30 minutes



## Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Cut out and discard the cauliflower core; cut the head into small florets. Peel and thinly slice the shallot and garlic. Remove and discard the kale stems; keep the leaves whole. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Roughly chop the capers. Thinly slice the parsley leaves and stems.



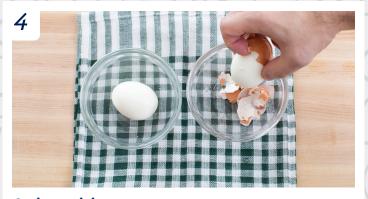
#### Roast the cauliflower:

Place the **cauliflower** on a sheet pan. Drizzle with olive oil and season with salt and pepper; gently toss to coat. Arrange in a single, even layer and roast, stirring halfway through, 18 to 20 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



#### Make the Parmesan breadcrumbs:

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 **breadcrumbs**; season with salt and pepper. Toast, stirring frequently, 2 to 4 minutes, or until golden brown. Remove from heat and add the **cheese**; stir until well combined. Transfer to a plate. Wipe out the pan.



## Cook & peel the eggs:

While the cauliflower continues to roast, carefully add the **eggs** to the pot of boiling water. Cook for exactly 7 minutes. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. When cool enough to handle, carefully peel the cooked eggs and season with salt and pepper; set aside in a warm place.



## Cook the kale:

While the eggs cook, in the pan used to make the Parmesan breadcrumbs, heat 2 teaspoons of olive oil on medium-high until hot. Add the **shallot** and **garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the **kale** and ½ **cup of water**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until the kale has wilted and the water has cooked off. Stir in the **lemon zest**; season with salt and pepper to taste. Transfer to a plate. Wipe out the pan.



## Make the sauce & plate your dish:

In the same pan, heat the **butter** on medium-high until melted. Cook, stirring occasionally, 15 to 30 seconds, or until the butter foams. Once the foam subsides, continue cooking, occasionally swirling the pan, 2 to 3 minutes, or until deep golden brown. Remove from heat. Stir in the **parsley**, **capers** and **the juice of all 4 lemon wedges**; season with salt and pepper to taste. Divide the **roasted cauliflower** and **cooked kale** between 2 plates; season with salt and pepper. Top with the **Parmesan breadcrumbs**, **seasoned eggs** and a few spoonfuls of the sauce. Enjoy!