

# Roasted Cauliflower Meunière

*with Soft-Boiled Eggs & Parmesan Breadcrumbs*

Meunière is, in its simplest form, a sauce of browned butter, lemon juice and parsley. Here, we're serving it over roasted cauliflower, sautéed kale and soft-boiled eggs, bringing the vegetables together with the sauce's rich flavor and velvety texture.

To complete this gourmet dinner, we're melting grated Parmesan together with toasted breadcrumbs, then sprinkling them on top as a savory, crispy garnish.

 **Blue Apron Wine Pairing**  
Babcock Pinot Noir 2014



## 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
- ¼ Cup Panko Breadcrumbs
- ¼ Cup Grated Parmesan Cheese

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





1



## 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.

2



## 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.

3



## 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.

4



## 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.

5



## 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  $\frac{1}{4}$  **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.

6



## 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!