

Moroccan-Spiced Heirloom Cauliflower Salad

with Marcona Almonds & Creamy Lemon Dressing

As you may have noticed, we love heirlooms. Cauliflower is no exception! At this time of year, all kinds of cauliflower varieties are popping up on farms—and they're all gorgeous. On this card, we're picturing Romanesco cauliflower, but depending on your local growing season, you may receive a different (equally delicious) type. Purple, orange (or cheddar) and green are all in season—and they're all unique. These beautiful variations all cook the same, so no need to fuss with the recipe. Just enjoy their incredible taste and color!



Ingredients

- ½ Cup Cracked Freekeh
- 3 Ounces Crème Fraîche
- 2 Ounces Watercress
- 1 Head Lollo Rosso Lettuce
- 1 Head Heirloom Cauliflower
- 1 Lemon
- 1 Large Bunch Mint

Knick Knacks

- 3 Tablespoons Dried Cranberries
- 3 Tablespoons Marcona Almonds
- 1 Teaspoon Ras El Hanout

Makes 2 Servings

About 650 Calories Per Serving

Cooking Time: 25 to 35 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/486

1



Prepare the ingredients:

Preheat the oven to 500°F. Heat a small pot of salted water to boiling on high. Wash and dry the fresh produce. Remove and discard the core of the cauliflower; cut the head into small florets. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Pick the mint leaves off the stems; discard the stems. Roughly chop the almonds.

2



Cook & dress the freekeh:

Once the pot of water is boiling, add the **cracked freekeh**. Cook 18 to 20 minutes, or until tender. Drain thoroughly and return to the pot. Stir in **the juice of 3 lemon wedges** and a drizzle of olive oil. Stir to combine; season with salt and pepper to taste. Set aside.

3



Roast the cauliflower:

While the freekeh cooks, place the **cauliflower** on a sheet pan. Drizzle with olive oil and season with salt, pepper and the **ras el hanout**. Toss to coat and arrange in a single, even layer. Roast, stirring halfway through, 14 to 16 minutes, or until browned. Remove from the oven.

4



Toast the almonds:

While the freekeh continues to cook and the cauliflower roasts, heat a small, dry pan on medium-high until hot. Add the **almonds** and toast, stirring frequently, 2 to 3 minutes, or until lightly browned. Transfer to a small bowl and set aside.

5



Make the salad dressing:

While the freekeh continues to cook and the cauliflower continues to roast, in a small bowl, combine the **crème fraîche**, **lemon zest**, **the juice of the remaining lemon wedge** and **1 tablespoon of water**; season with salt and pepper to taste.

6



Assemble the salad & plate your dish:

In a large bowl, combine the **lollo rosso lettuce** (removing the root end just before using), **watercress**, **roasted cauliflower**, **dressed freekeh**, **mint**, **cranberries** and **toasted almonds**. Add enough of the **salad dressing** to coat the greens (save the rest for garnish) and toss gently to mix; season with salt and pepper to taste. Divide the salad between 2 plates and garnish with a drizzle of the **remaining salad dressing**. Enjoy!