



Roasted Cauliflower & Lentils

with Tahini and Sumac



30-40min



2 Servings

Cauliflower cooks up nutty and tender when roasted in this hearty meal, and we love Medjool dates because they taste like brown sugar caramel. Served over tender lentils and topped with a tangy tahini sauce, you'll be scraping your plate clean.

What we send

- 1 head cauliflower
- 2 scallions
- garlic
- 2 oz medjool dates
- 6 oz French green lentils
- 1 lemon
- 2 (1 oz) tahini ¹¹
- ¼ oz sumac

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium saucepan

Allergens

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 48g, Carbs 79g, Protein 35g



1. Roast cauliflower

Preheat oven to 450°F. Halve **cauliflower**, remove core, and cut into small florets. Toss with **2 tablespoons oil**, on a rimmed baking sheet. Season with **salt** and **pepper**. Roast, shaking sheet halfway through, until golden and tender, 25-30 minutes.



2. Prep vegetables

Meanwhile, trim roots and tips from **scallions** and thinly slice, separating whites and greens. Finely chop **2 cloves garlic**. Pit and chop **dates**.



3. Sauté aromatics

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **scallion whites** and **chopped garlic**; season with **salt**. Cook, stirring, until softened, about 2 minutes.



4. Cook lentils

To saucepan, add **lentils** and enough **water** to cover by 2 inches. Cover and bring to boil. Uncover and cook over medium heat until lentils are tender, 16-17 minutes. Drain well.



5. Make sauce

Halve **lemon**. In a medium bowl, whisk **tahini**, **juice from half of the lemon**, **¼ cup cold water**, and **1 tablespoon oil**. Season with **salt** and **pepper**. Stir until smooth. Cut **remaining lemon half** into wedges.



6. Finish & serve

When **cauliflower** comes out of the oven, add **chopped dates** and toss to combine. Transfer **drained lentils** to a platter and top with cauliflower and dates. Spoon **tahini sauce** over top and sprinkle with **sumac** and **reserved scallion greens**. Serve with **lemon wedges** for squeezing over. Enjoy!