



Low-Carb Roasted Cauliflower with Raisin-Caper Salsa & Arugula Salad



40-50min



2 Servings

Roasted cauliflower is already great on its own, but when it's smothered in a raisin-caper salsa? It's sweet. It's tart. It's not quite like anything you've had before, but you'll want it over and over again. Pair it with a bright and citrusy arugula salad to go on a real flavor journey. We've got you covered!

WHAT WE SEND

- 1 head cauliflower
- 1 oz golden raisins
- 1 orange
- 1 oz capers
- ¼ oz fresh parsley
- 5 oz arugula

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar)
- sugar
- garlic

TOOLS

- rimmed baking sheet
- small saucepan
- microplane or grater

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 520kcal, Fat 42g, Carbs 30g, Protein 10g

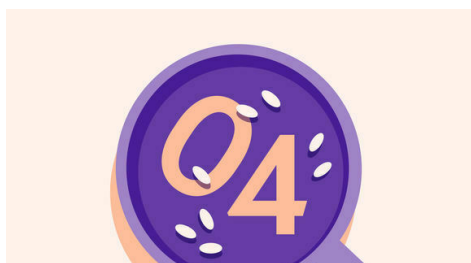


1. Prep & roast cauliflower

Preheat oven to 450°F with a rack in the lower third.

Trim stem end from cauliflower and halve through the core; cut each half into 3 wedges (6 total). Toss on a rimmed baking sheet with **2 tablespoons oil**; season with **salt** and **pepper** (it's okay if wedges break apart).

Roast on lower oven rack until tender and deeply browned, flipping halfway through cooking time, 30–35 minutes.



4. Finish & serve

Remove peel and pith from **orange**; cut into quarters, then cut crosswise into ¼-inch thick slices. In a large bowl, toss **arugula** with **orange slices**, **2 teaspoons oil**, and **1 teaspoon vinegar**; lightly season with **salt** and **pepper**.

Serve **roasted cauliflower** topped with **raisin-caper salsa** and with **arugula orange salad** alongside. Enjoy!



2. Prep salsa

Meanwhile, place **raisins** in a small bowl. In a small saucepan, bring **1 tablespoon each of vinegar and water** and **1 teaspoon sugar** to a boil; pour over raisins. Set aside until raisins have plumped, about 10 minutes. Wipe out saucepan.

Finely chop **1 tablespoon garlic**. Finely grate **1 tablespoon orange zest**. Coarsely chop **capers**. Finely chop **parsley leaves and stems**.



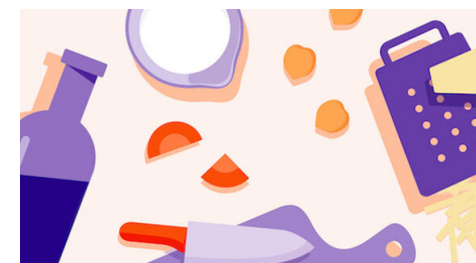
5. ...

What were you expecting, more steps?



3. Make salsa

In same saucepan over medium heat, stir to combine **chopped garlic**, **capers**, and **3 tablespoons oil**; cook, stirring occasionally, until garlic and capers are just beginning to brown, 2–3 minutes. Remove from heat, then immediately stir in **raisin-vinegar mixture**, **orange zest**, **parsley**, and ½ **teaspoon salt**. Let cool to room temperature.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!