

DINNERLY

Low carb: Whole Roasted Feta Cauliflower

with Arugula & Tomato Salad



1,5h



2 Servings

WHAT WE SEND

- 1 head cauliflower
- ¼ oz za'atar spice blend ¹¹
- 2 (2 oz) feta ⁷
- 2 (¼ oz) Dijon mustard
- 2 (½ oz) honey
- 2 (1 oz) tahini ¹¹
- 3 oz arugula
- 6 oz grape tomatoes
- 1 oz sliced almonds ¹⁵
- 1 shallot

WHAT YOU NEED

- garlic
- balsamic vinegar ¹⁷
- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet

ALLERGENS

Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 0kcal



1. Prep ingredients

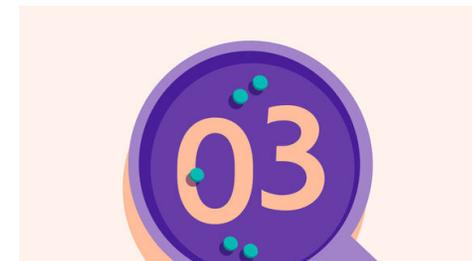
Preheat oven to 400° F with a rack in the bottom third. Trim bottom from cauliflower and remove leaves. Finely grate 1 teaspoon garlic.

In a bowl, stir to combine honey, 2 packets of mustard, 2 tablespoons balsamic vinegar, 2 tablespoons oil, 2 teaspoons of za'atar, half of the grated garlic, 1½ teaspoons salt, and a few grinds of pepper.



2. Roast cauliflower

Add almonds to a sheet tray and bake until golden, 2-3 minutes (watch closely). Transfer to a bowl. Line same rimmed baking sheet with foil and place cauliflower, stem side down, in the center. Brush the entire head with half of the balsamic glaze. Bake until deeply golden brown, tender, and florets are just starting to separate, about 60 minutes.



3. Pickle shallot

Meanwhile, thinly slice half a shallot. In a small bowl combine shallots with 1 tablespoon vinegar and a pinch of salt. Toss to combine and set aside for 15 minutes.

In a small bowl, crumble feta into small pieces and combine with remaining za'atar spice. Mix until combined.

In a separate bowl, whisk to combine tahini, remaining garlic and ¼ cup water. Season with salt and pepper.



4. Finish cauliflower

Remove cauliflower from oven and brush with remaining dressing. Carefully cover the entire head of the cauliflower with the feta, inserting the cheese in between the florets and pressing it to the outside so that it adheres. Return to oven and cook until cheese is melted and beginning to brown, 10-15 minutes more.



5. Make salad

Halve tomatoes if desired.

Transfer arugula and tomatoes to a serving platter and top with pickled shallots, reserving the liquid in the bowl. To pickling liquid, add 1 more tablespoon vinegar, remaining mustard packet, and 2½ tablespoons oil. Mix to combine and season with salt and pepper.



6. Serve

Transfer tahini to a plate and place cauliflower in the middle. Drizzle dressing over salad and top with toasted almonds. Cut cauliflower into wedges for serving. Enjoy!

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)

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