



Cheesy Cauliflower Bake with Chicken

Spinach Salad & Orange Vinaigrette



30-40min



2 Servings

Cauliflower is having a moment, and we're totally here for it. We especially love cauliflower when it's roasted, which gives it a deep, sweet, caramelized flavor. Here, roasted cauliflower is mixed with a creamy cheese sauce, and baked until bubbly and golden. We serve the luxe dish with a tender baby spinach salad topped with chicken and tossed in a bright, orange vinaigrette to cut the richness. The result? Ah-MAZE-ing!

What we send

- 1 head cauliflower
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz salted almonds ²
- 1 orange
- 2 oz shredded cheddar-jack blend ¹
- 5 oz baby spinach
- ¾ oz Parmesan ¹

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹
- all-purpose flour (or gluten-free alternative)
- 1 c milk ¹
- white wine vinegar (or apple cider vinegar)
- sugar

Tools

- rimmed baking sheet
- microplane or grater
- medium ovenproof skillet

Allergens

Milk (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 44g, Carbs 25g, Protein 63g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Prep ingredients

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

Trim end from **cauliflower**, then cut crowns into 1-inch florets.

Pat **chicken** dry and season all over with **salt** and **pepper**.



4. Make cheese sauce

Finely grate **Parmesan**, if necessary.

Melt **1 tablespoon butter** in a medium ovenproof skillet over medium-high. Whisk in **1 tablespoon flour** until smooth. Slowly whisk in **1 cup milk**. Cook, whisking constantly, until sauce is thick enough to coat the back of a spoon, 3-4 minutes. Off the heat, whisk in **cheddar-jack cheese** until melted. Season to taste with **salt** and **pepper**.



2. Roast veg & chicken

On a rimmed baking sheet, toss **cauliflower** with **2 teaspoons oil**; season with **salt** and **pepper**. Push to 1 half of baking sheet. To remaining half, add **chicken**.

Roast cauliflower and chicken on upper oven rack until cauliflower is tender and browned in spots and chicken is cooked through, 15-17 minutes.



5. Finish cauliflower

Switch oven to broil.

Add **roasted cauliflower** to skillet with **cheese sauce**; stir to coat completely. Top with **Parmesan**.

Broil skillet on upper oven rack until bubbly and browned in spots, 1-3 minutes (watch closely as broilers vary).



3. Prep salad

Coarsely chop **almonds**. Finely grate **1 teaspoon orange zest**. Remove peel from **orange**, then cut fruit crosswise into thin slices.



6. Make dressing & serve

In a medium bowl, whisk to combine **orange zest**, **1 tablespoon each of oil and vinegar**, and **a pinch of sugar**; season to taste with **salt** and **pepper**. Slice **chicken**. Add **spinach** to bowl and toss to combine. Top **salad** with **chicken**, **chopped almonds** and **orange slices**.

Serve **cheesy cauliflower bake** with **salad** alongside. Enjoy!