



Cauliflower Farro Salad with Salted Almonds

Ready to Heat Chicken Cutlet & Feta



20-30min



2 Servings

This recipe showcases crispy, ready to heat chicken cutlets, cauliflower, hearty whole grains, and beautiful pickled golden raisins. Salted almonds and creamy feta are scattered on top, adding a dynamic flavor and texture.

What we send

- 1 head cauliflower
- 1 oz roasted almonds ³
- ¼ oz fresh parsley
- 4 oz farro ⁴
- ½ lb pkg ready to heat chicken cutlets ^{1,2,4}
- 1 oz golden raisins
- 2 oz feta ²
- 1 lemon

What you need

- kosher salt & ground pepper
- olive oil
- apple cider vinegar
- sugar

Tools

- medium pot
- rimmed baking sheet
- small saucepan

Allergens

Egg (1), Milk (2), Tree Nuts (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 890kcal, Fat 47g, Carbs 86g, Protein 36g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Bring a medium pot of **salted water** to a boil.

Trim end from **cauliflower**, then cut into 1-inch florets. Coarsely chop **almonds**. Coarsely chop **parsley leaves and tender stems** together.



4. Pickle raisins

Meanwhile, in a small saucepan, combine **2 tablespoons each of vinegar and water, 2 teaspoons sugar, and a pinch of salt**. Bring to a boil. Add **golden raisins**. Cover and let sit off the heat until ready to serve.



2. Cook farro

Add **farro** to pot with boiling **salted water** and cook until tender, 18-20 minutes. Drain well and transfer to a large bowl.



3. Roast veg & chicken

Meanwhile, on a rimmed baking sheet, toss **cauliflower** with **1 tablespoon oil**; season with **salt** and **pepper**.

Roast on upper oven rack until nearly tender and browned in spots, stirring once, about 12 minutes. Push cauliflower to 1 side of baking sheet. Add **chicken cutlets** in a single layer and bake until chicken is warmed through and cauliflower is tender, 8 minutes more.



5. Build salad

To bowl with **farro**, add **roasted cauliflower, golden raisins and pickling liquid, parsley, and 2 tablespoons oil**. Season to taste with **salt** and **pepper**. Toss to combine.

Cut **chicken cutlets** into 1-inch pieces, if desired.



6. Serve

Serve **roasted cauliflower and farro salad** topped with **almonds, chicken cutlets, and crumbled feta**. Cut **lemon** into wedges for squeezing over top. Enjoy!