

DINNERLY

Cauliflower Piccata

with Chickpeas & Rice



2 Servings

WHAT WE SEND

- 5 oz basmati rice
- 1½ lbs cauliflower
- 15 oz can chickpeas
- 1 medium red onion
- 1 lemon
- 1 oz capers ¹⁷

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic
- butter ⁷

TOOLS

- small saucepan
- rimmed baking sheet
- medium skillet

ALLERGENS

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

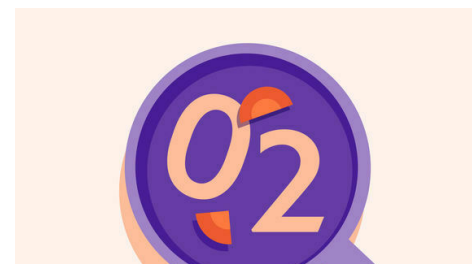
NUTRITION PER SERVING

Calories 0kcal



1. Prep oven & cook rice

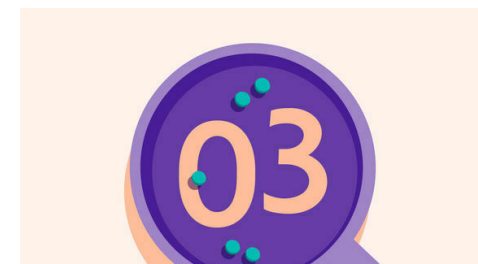
Preheat oven to 450°F with a rack in the upper third. In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt** and bring to a boil. Cover; cook over low until liquid is absorbed, about 17 minutes. Remove from heat and keep covered.



2. Roast cauliflower & peas

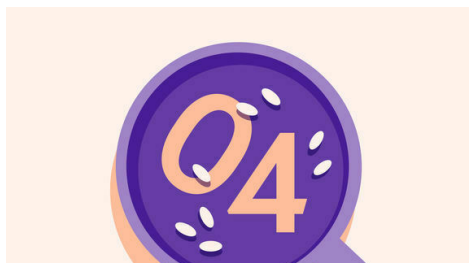
Trim stem ends from **cauliflower**, then chop crowns into florets. Drain and rinse **chickpeas**.

Toss cauliflower and chickpeas on a rimmed baking sheet with **3 tablespoons oil**; season with **salt** and **pepper**. Roast on upper oven rack until cauliflower is tender and browned in spots and chickpeas are deeply golden, 20-25 minutes.



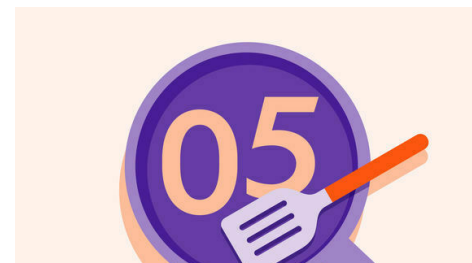
3. Prep ingredients

Finely chop **half of the onion** (save rest for own use). Finely chop **2 teaspoons garlic**. Into a bowl, zest **1 teaspoon lemon** and squeeze **1 tablespoon juice**.



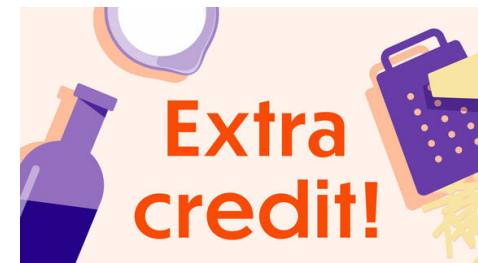
4. Make piccata sauce

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **onions**; cook, stirring, until softened, 3-4 minutes. Add **chopped garlic**; cook until fragrant, 1 minute. Add **½ cup water**; bring to a boil. Reduce heat to low, then stir in **2 tablespoons butter, 1 tablespoon capers**, and **lemon zest and juice** until butter is melted. Season to taste with **salt** and **pepper**.



5. Finish & serve

Fluff **rice** with a fork. Serve **roasted cauliflower and chickpeas** over rice with **piccata sauce** spooned over top. Enjoy!



6.

Extra credit!