

# DINNERLY



## Curried Cauliflower & Lentil Salad

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. If you're looking for a filling salad with a boatload of flavor, you've come to the right place. We start with a base of tender lentils, then we toss roasted cauliflower in curry powder, thinly slice carrots, and quick-pickle a red onion for some brightness. Don't forget the fried egg on top! We've got you covered!

## WHAT WE SEND

- 6 oz French green lentils
- 1 medium red onion
- 1 head cauliflower
- ¼ oz curry powder
- 1 carrot
- 1 oz salted pistachios<sup>2</sup>
- 1 oz golden raisins

## WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- white wine vinegar (or vinegar of your choice)
- sugar
- olive oil
- 2 large eggs<sup>1</sup>

## TOOLS

- large saucepan
- rimmed baking sheet
- medium nonstick skillet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 890kcal, Fat 43g, Carbs 86g, Protein 40g



### 1. Boil lentils

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

Smash 2 **garlic cloves**. Transfer garlic and **lentils** to a large saucepan with enough **salted water** to cover by 2 inches. Bring to a boil over high, then reduce heat to medium. Simmer until lentils are just tender but not falling apart, 15–18 minutes. Drain, rinse under cold water, then drain well again; set aside.



### 4. Finish salad

Remove **pickled onions** from **pickling liquid**. To bowl with pickling liquid, whisk in **2 tablespoons oil**; season to taste with **salt** and **pepper**.

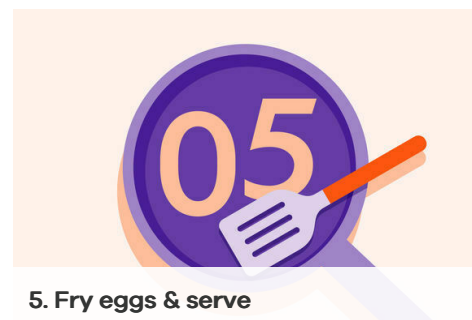
To a large bowl, add **lentils**, **roasted cauliflower** and **onions**, **carrot ribbons**, **raisins**, and **pistachios**. Toss with **pickle dressing** to coat.



### 2. Prep onions & cauliflower

Halve and thinly slice **onion**. In a small bowl, combine ¼ **cup of the sliced onions**, **1 tablespoon vinegar**, and ¼ **teaspoon each of salt and sugar**; set aside to pickle.

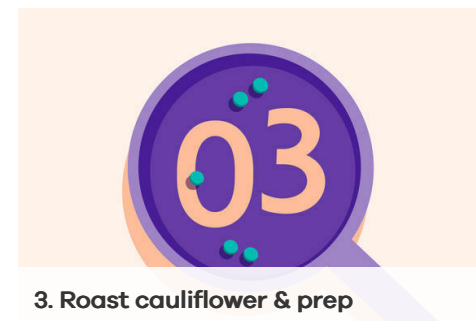
Trim stem ends from **cauliflower**, then cut crown into 1-inch florets.



### 5. Fry eggs & serve

Heat **1 tablespoon oil** in a medium nonstick skillet over high until shimmering. Crack in **2 large eggs**; cook until whites are golden-brown and set and yolks are still runny, 2–3 minutes.

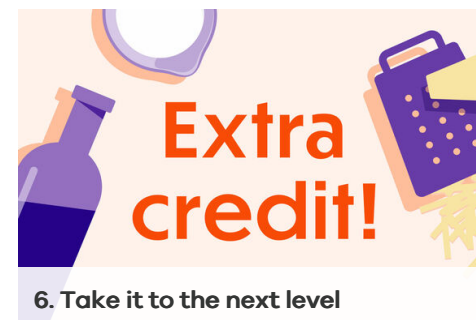
Serve **curried cauliflower & lentil salad** with **pickled onions** and **fried eggs** over top. Enjoy!



### 3. Roast cauliflower & prep

Transfer **cauliflower** and **remaining onions** to a rimmed baking sheet. Toss with **all of the curry powder**, **2 tablespoons oil**, and a **generous pinch each of salt and pepper**. Roast on upper oven rack until tender and browned in spots, 25–30 minutes.

Meanwhile, using a vegetable peeler, shave **carrot** into ribbons; cut ribbons in half crosswise. Coarsely chop **pistachios**.



### 6. Take it to the next level

Add a creamy element with a dollop of Greek yogurt over top.