

# DINNERLY



## Low-Carb Parmesan-Ranch Cauliflower Wedges

with Roasted Green Beans



40min



2 Servings

Some might say we're a little cauli-crazy, but in our defense, it's a great, versatile veggie that we want to eat all the time. What's wrong with that? Here, we're topping cauliflower wedges with ranch butter and Parmesan, then baking them in the oven with tender green beans. Then whip up a lemon-garlic aioli that elevates this dish from a "wow" to a WOW. We've got you covered!

## WHAT WE SEND

- ¾ oz piece Parmesan <sup>7</sup>
- 1½ lb cauliflower
- ¼ oz ranch seasoning <sup>7</sup>
- 1 lemon
- 1 oz mayonnaise <sup>3,6</sup>
- ½ lb green beans

## WHAT YOU NEED

- garlic
- 4 Tbsp butter <sup>7</sup>
- neutral oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

## TOOLS

- microplane or grater
- microwave
- rimmed baking sheet

## COOKING TIP

If you don't have a microwave, melt the butter in a small saucepan on a stovetop instead!

## ALLERGENS

Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 660kcal, Fat 60g, Carbs 27g, Protein 13g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third. Finely grate **2 teaspoons garlic**. Finely grate **Parmesan**. Trim end from **cauliflower**; cut through the core from top to bottom into quarters.

In a small microwave-safe bowl, microwave **4 tablespoons butter** until melted, 30–60 seconds. Stir in **ranch seasoning** and **half of the chopped garlic**; reserve for step 4.



### 4. Add green beans

Remove **cauliflower** from oven; brush with **ranch butter** and sprinkle with **Parmesan**. Flip and repeat on other side; push to one side of baking sheet.

On open side, toss **green beans** with **1 tablespoon oil** and **a pinch each of salt and pepper**. Return to lower oven rack and cook until green beans are tender, cauliflower is well browned, and cheese is crisp, 10–15 minutes more.



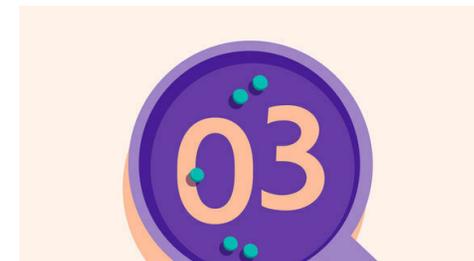
### 2. Bake cauliflower

Transfer **cauliflower wedges** to a rimmed baking sheet, cut-side down. Drizzle with **1 tablespoon oil** and **a pinch each of salt and pepper**. Transfer to lower oven rack and bake until browned on the bottom, about 20 minutes.



### 5. Serve

Spoon **garlic aioli** onto plates. Serve **ranch cauliflower wedges** over **aioli** with **green beans** alongside and **lemon wedges** for squeezing over top. Enjoy!



### 3. Prep aioli

While **cauliflower** cooks, finely grate **1 teaspoon lemon zest** into a small bowl. Stir in **mayo**, **remaining chopped garlic**, **2 tablespoons oil**, and **1 teaspoon each of vinegar and water** until combined. Season to taste with **salt** and **pepper**; set aside until ready to serve.

Cut **lemon** into wedges for serving.



### 6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are ⅓ lower when cooking with meal kits.