

DINNERLY



Cheesy Cauliflower Parm with Romaine Wedge

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. An easy weeknight meal that's also plant-based? We're not saying we're miracle workers, but...maybe we are. Roasted cauliflower gets the red sauce restaurant treatment (but with a lot less carbs). Add a crisp side salad and before you know it, Meatless Monday is now the best day of the week. We've got you covered!

WHAT WE SEND

- 1 head cauliflower
- ¼ oz Italian seasoning
- 8 oz marinara sauce
- 3¼ oz mozzarella ⁷
- 1 romaine heart

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) ¹⁷

TOOLS

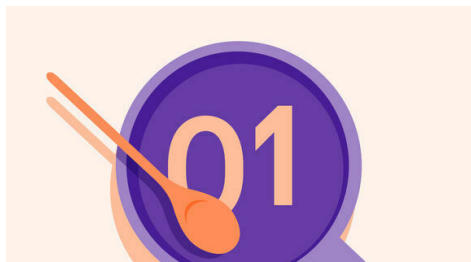
- rimmed baking sheet
- box grater

ALLERGENS

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

NUTRITION PER SERVING

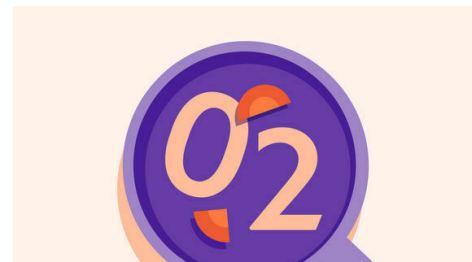
Calories 450kcal, Fat 24g, Carbs 34g, Protein 22g



1. Prep & roast cauliflower

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

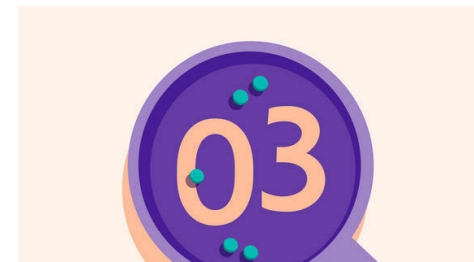
Trim stem end from **cauliflower**, then slice from the top down into 1-inch thick slices (it's okay if some pieces fall apart). Transfer to a rimmed baking sheet; rub all over with **oil** and season with **salt, pepper**, and **2 teaspoons Italian seasoning**. Roast on upper oven rack until tender and lightly browned, about 30 minutes.



2. Broil cauliflower

Remove baking sheet from oven and switch oven to broil.

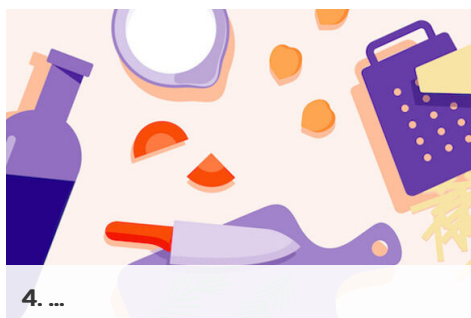
Spoon **marinara sauce** over **cauliflower** directly on baking sheet. Coarsely grate **mozzarella** over top. Broil on upper oven rack until cheese is bubbly and browned in spots, about 5 minutes (watch closely as broilers vary).



3. Make dressing & serve

While **cauliflower** broils, halve **romaine** lengthwise. In a small bowl, whisk to combine ½ **teaspoon Italian seasoning**, 1½ **tablespoons oil**, and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**.

Serve **cauliflower parm** and **romaine wedge** with **salad dressing** drizzled over top. Enjoy!



What were you expecting, more steps?



You're not gonna find them here!



Kick back, relax, and enjoy your Dinnerly!