

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 ¹
- 1 romaine heart

WHAT YOU NEED

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

TOOLS

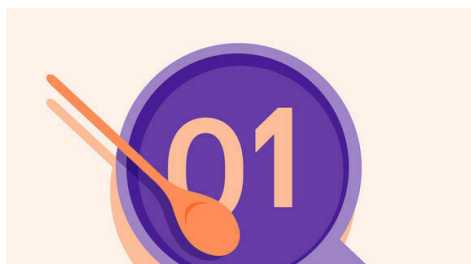
- rimmed baking sheet
- box grater

ALLERGENS

Milk (1). 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



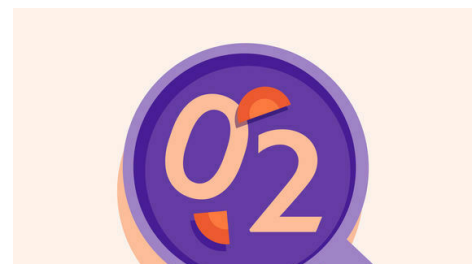
1. Prep & roast cauliflower

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.



What were you expecting, more steps?



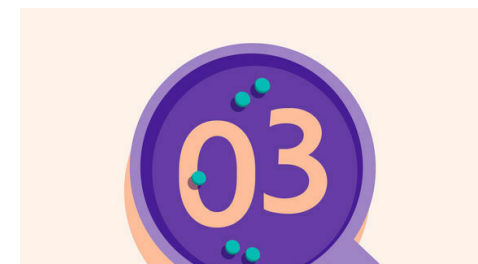
2. Broil cauliflower

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).



You're not gonna find them here!



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!



Kick back, relax, and enjoy your Dinnerly!