



Roasted Cauliflower & Farro Salad

with Pickled Golden Raisins & Feta



20-30min



2 Servings

This recipe showcases cauliflower, hearty whole grains, and beautiful pickled golden raisins. Salted almonds and creamy feta are scattered on top, adding a dynamic flavor and texture.

What we send

- 1 head cauliflower
- 1 oz roasted almonds ²
- ¼ oz fresh parsley
- 4 oz farro ³
- 1 oz golden raisins
- 2 oz feta ¹
- 1 lemon

What you need

- kosher salt & ground pepper
- olive oil
- apple cider vinegar
- sugar

Tools

- medium pot
- rimmed baking sheet
- small saucepan

Allergens

Milk (1), Tree Nuts (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 33g, Carbs 64g, Protein 20g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Bring a medium pot of **salted water** to a boil.

Trim end from **cauliflower**, then cut into 1-inch florets. Coarsely chop **almonds**. Coarsely chop **parsley leaves and tender stems** together.



4. Pickle raisins

Meanwhile, in a small saucepan, combine **2 tablespoons each of vinegar and water**, **2 teaspoons sugar**, and **a pinch of salt**. Bring to a boil. Add **golden raisins**. Cover and let sit off the heat until ready to serve.



2. Cook farro

Add **farro** to pot with boiling **salted water** and cook until tender, 18-20 minutes. Drain well and transfer to a large bowl.



5. Build salad

To bowl with **farro**, add **roasted cauliflower, golden raisins and pickling liquid**, **parsley**, and **2 tablespoons oil**. Season to taste with **salt and pepper**. Toss to combine.



3. Roast cauliflower

Meanwhile, on a rimmed baking sheet, toss **cauliflower** with **1 tablespoon oil**; season with **salt and pepper**.

Roast on upper oven rack until tender and browned in spots, stirring once, about 20 minutes.



6. Serve

Serve **roasted cauliflower and farro salad** topped with **almonds** and **crumbled feta**. Cut **lemon** into wedges for squeezing over top. Enjoy!