

DINNERLY



Low-Carb Whole Roasted Feta Cauliflower

with Arugula & Tomato Salad



2h



2 Servings

Why chop up the cauliflower when you can roast the whole shebang?
We've got you covered!

WHAT WE SEND

- 1 head cauliflower
- 2 (½ oz) honey
- 3 (¼ oz) Dijon mustard
- ¼ oz za'atar spice blend ¹¹
- 1 oz sliced almonds ¹⁵
- 1 shallot
- 2 (2 oz) feta ⁷
- 2 (1 oz) tahini ¹¹
- 6 oz grape tomatoes
- 5 oz arugula

WHAT YOU NEED

- garlic
- balsamic vinegar ¹⁷
- olive oil
- kosher salt & ground pepper

TOOLS

- microplane or grater
- rimmed baking sheet
- aluminium foil

ALLERGENS

Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 0kcal



1. Prep ingredients

Preheat oven to 400°F with a rack in the bottom third. Trim **bottom from cauliflower** and remove leaves. Finely grate **1 teaspoon garlic**.

In a bowl, stir to combine **honey, half of the grated garlic, 2 packets of mustard, 2 tablespoons each of balsamic vinegar and oil, 2 teaspoons za'atar, 1½ teaspoons salt, and a few grinds of pepper**.



2. Roast cauliflower

Add **almonds** to a baking sheet and bake until golden, 2–3 minutes (watch closely). Transfer to a bowl.

Line same baking sheet with foil and place **cauliflower**, stem side-down, in the center. Brush cauliflower with **half of the balsamic glaze**. Bake until deeply golden brown, tender, and florets are just starting to separate, about 60 minutes.



3. Pickle shallot, prep feta

Meanwhile, thinly slice **half of the shallot** (save rest for own use). In a small bowl, combine shallot with **1 tablespoon vinegar** and **a pinch of salt**. Set aside for 15 minutes.

In a small bowl, finely crumble **feta** and combine with **remaining za'atar**. In a separate bowl, whisk to combine **tahini, remaining garlic** and **2 tablespoons water**. Season with **salt** and **pepper**.



4. Finish cauliflower

Remove **cauliflower** from oven and brush with **remaining dressing**. Carefully cover **entire cauliflower head** with **feta**, inserting cheese in between florets and pressing it to the outside so that it adheres. Return to oven and cook until cheese is melted and beginning to brown, 10–15 minutes more.



5. Make salad

Halve **tomatoes**, if desired. Transfer **arugula** and tomatoes to a serving platter and top with **pickled shallots**, reserving **liquid** in the bowl.

To **pickling liquid**, add **remaining mustard packet, 2½ tablespoons oil, and 1 more tablespoon vinegar**. Whisk to combine and season with **salt** and **pepper**.



6. Serve

Spread **tahini** on a plate and place **cauliflower** in the middle. Drizzle **dressing** over **salad** and top with **toasted almonds**. Cut **cauliflower** into wedges for serving. Enjoy!