



🔗Cheesy Cauliflower Bake

& Spinach Salad with Orange Vinaigrette



30-40min



2 Servings

Cauliflower is having a moment, and we're totally here for it. We especially love cauliflower when it's roasted, which gives it a deep, sweet, caramelized flavor. Here, roasted cauliflower is mixed with a creamy cheese sauce, and baked until bubbly and golden. We serve the luxe dish with a tender baby spinach salad, tossed in a bright, orange vinaigrette to cut the richness. The result? Ah-MAZE-ing!

What we send

- 1 head cauliflower
- 1 oz salted almonds ¹⁵
- 1 orange
- 2 oz shredded cheddar-jack blend ⁷
- 5 oz baby spinach
- ¾ oz Parmesan ⁷
- 12 oz pkg boneless, skinless chicken breasts

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- all-purpose flour (or gluten-free alternative)
- 1 c milk ⁷
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar

Tools

- rimmed baking sheet
- microplane or grater
- medium ovenproof skillet

Allergens

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

Nutrition per serving

Calories 550kcal, Fat 42g, Carbs 25g, Protein 23g



1. Prep cauliflower

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

Trim end from **cauliflower**, then cut crowns into 1-inch florets.



2. Roast cauliflower

On a rimmed baking sheet, toss **cauliflower** with **2 teaspoons oil**; season with **salt** and **pepper**.

Roast cauliflower on upper oven rack until tender and browned in spots, about 15 minutes.



3. Prep salad

Coarsely chop **almonds**. Finely grate **1 teaspoon orange zest**. Remove peel from **orange**, then cut fruit crosswise into thin slices.



4. Make cheese sauce

Finely grate **Parmesan**, if necessary.

Melt **1 tablespoon butter** in a medium ovenproof skillet over medium-high. Whisk in **1 tablespoon flour** until smooth. Slowly whisk in **1 cup milk**. Cook, whisking constantly, until sauce is thick enough to coat the back of a spoon, 3–4 minutes. Off the heat, whisk in **cheddar-jack cheese** until melted. Season to taste with **salt** and **pepper**.



5. Finish cauliflower

Switch oven to broil.

Add **roasted cauliflower** to skillet with **cheese sauce**; stir to coat completely. Top with **Parmesan**.

Broil skillet on upper oven rack until bubbly and browned in spots, 1–3 minutes (watch closely as broilers vary).



6. Make dressing & serve

In a medium bowl, whisk to combine **orange zest**, **1 tablespoon each of oil and vinegar**, and **a pinch of sugar**; season to taste with **salt** and **pepper**. Add **spinach** to bowl and toss to combine. Top **salad** with **chopped almonds** and **orange slices**.

Serve **cheesy cauliflower bake** with **salad** alongside. Enjoy!