



FAST

ONE POT

Cheesy Cauliflower Pizza Bake

with Garlic Bread & Arugula Salad



20-30min



2 Servings

Cauliflower has proven itself to be a credible stunt double, standing in for many of our carb-loaded favorites—pizza crust, rice, gnocchi, to name a few. Here, the do-it-all vegetable gets the Parm treatment: Thick cauliflower steaks are roasted, then covered in tomato sauce and topped with mozzarella and Parmesan. If you're still missing the carbs, there's garlic bread to accompany this comforting veggie-forward dish.

What we send

- 1½ lbs cauliflower
- garlic (use 2 large cloves)
- passata tomato sauce (use 1 cup)
- pizza spice blend (use ½ tsp)
- ¾ oz piece Parmesan ⁷
- 1 pkg mozzarella ⁷
- 8-inch Italian hero roll ¹
- 3 oz arugula
- ¼ oz fresh basil

What you need

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

Tools

- medium ovenproof skillet
- box grater

Allergens

Wheat (1), Milk (7), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 700kcal, Fat 49g, Carbs 44g, Protein 24g



1. Prep cauliflower

Preheat oven to 450°F with a rack in the upper third. Halve **cauliflower** through the core. Cut one half of the cauliflower into ¾-inch thick steaks (save remaining half for own use). (It's OK if some florets separate).



2. Roast cauliflower

In a medium ovenproof skillet, toss **cauliflower** with **2 tablespoons oil** and a **generous pinch each salt and pepper**. Roast on upper oven rack, flipping after 15 minutes, until cauliflower is tender and golden, 20–25 minutes total.



3. Prep pizza sauce & cheese

Meanwhile, peel and finely chop **2 teaspoons garlic**. In a medium bowl, stir to combine **1 cup passata tomato sauce**, 1 teaspoon of the garlic, **½ teaspoon of the pizza spice blend**, **1 tablespoon oil**, and **½ teaspoon sugar**, season to taste with **salt** and **pepper**. Grate **Parmesan** and **mozzarella** on the large holes of a box grater.



4. Prep salad & garlic bread

In a medium bowl, whisk to combine **1 tablespoon vinegar** and **2 tablespoons oil**; season to taste with **salt** and **pepper**. Split **roll**, brush cut sides generously with **oil**, and sprinkle with **remaining garlic**; season with **salt** and **pepper**.



5. Assemble pizza bake

When **cauliflower** is roasted, remove from oven. Switch oven to broil. Top each **roasted cauliflower steak** with **pizza sauce**, then sprinkle **mozzarella** and **Parmesan** on top. Return skillet to upper oven rack and place rolls, cut sides up, directly on same rack. Broil until cheese is bubbling and golden-brown in spots, and bread is toasted on both sides, 2–3 minutes (watch closely).



6. Finish & serve

Toss **arugula** with **dressing**; season to taste with **salt** and **pepper**. Slice **garlic bread**. Top **cheesy cauliflower pizza bake** with **freshly torn basil** and serve alongside **arugula salad** and **garlic bread**. Enjoy!