

# GREEN CHEF

# **SMOKY ROMESCO CAULIFLOWER**

MENU

**GLUTEN-FREE** 

Kale with red peppers, dried apricots & feta, roasted potatoes

COOK TIME 35 MIN

SERVINGS 2

CALORIES PER SERVING 680

We love the smoky, tangy complexity of Spanish romesco sauce - a versatile condiment typically made with roasted red peppers, nuts, and vinegar. Inspired by the bold flavors of that classic sauce, we seasoned roasted cauliflower florets with sweet and smoky paprika, then finished them in a vibrant red pepper vinaigrette. Sautéed kale (strewn with roasted peppers, dried apricots, and hazelnuts) forms a nourishing base for the dish, while tender roasted potatoes make a savory side.

If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

#### **INGREDIENTS (11 ITEMS)**

| 1 oz    | Dried apricots                          |
|---------|---|
| 9 ½ oz  | Red potatoes                            |
| 9 ¾ oz  | Cauliflower                             |
| ½ oz    | Hazelnuts T                             |
| 4 ¼ oz  | Green kale                              |
| ¼ oz    | Chives                                  |
| 1 tsp   | Smoky Spanish-style seasoning           |
| 1 ¼ tsp | Sweet & smoky paprika                   |
| 1 oz    | Roasted red peppers                     |
| 2 oz    | Feta cheese M                           |
| 2 oz    | Roasted red pepper<br>cider vinaigrette |

#### WHAT YOU'LL NEED

medium & large sauté pans 2 baking sheets mixing bowls measuring cup & spoons oven mitt cooking oil salt & pepper

#### ALLERGENS

T TREE NUTS (hazelnuts)

M MILK

#### SMOKY ROMESCO CAULIFLOWER

#### PREP

- Preheat oven to 425 degrees.
- Place dried apricots in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened (reserve soaking liquid).
- Medium dice **red potatoes**\* into pieces, about ½ inch each.
- Cut **cauliflower** into bite-size pieces if necessary.
- Roughly chop **hazelnuts** if necessary.
- Remove and discard any thick center stems from green kale.\* Roughly chop leaves into bite-size pieces.
- Mince chives.

\*The ingredient you received may be a different color.

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If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## ) SEASON & ROAST POTATOES

- Place potatoes in a large bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with smoky Spanish-style seasoning, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-22 minutes, or until fork-tender, stirring halfway through.

#### SEASON & ROAST CAULIFLOWER

- Place cauliflower in bowl used for potatoes. Drizzle with about 1 ½ tablespoons cooking oil. Season with sweet and smoky paprika, about ½ teaspoon salt, and about ¼ teaspoon pepper. Stir to coat.
- Spread cauliflower out in a single layer on a second lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until tender, stirring halfway through.

## SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add roasted red peppers and hazelnuts to hot pan. Lightly season with salt and pepper. Stir to combine. Cook 2-3 minutes, or until hazelnuts are lightly toasted, stirring occasionally.
- Add kale and apricots (with reserved soaking liquid). Cook 2-3 minutes, or until kale is lightly wilted and liquid is cooked off, stirring occasionally.
- Remove from heat. Add feta cheese. Stir to combine.

#### WARM SAUCE & FINISH CAULIFLOWER

- Heat a dry medium sauté pan over low heat. Add **roasted red pepper cider vinaigrette** to pan. Cook 1-2 minutes, or until warmed through, stirring occasionally.
- Remove from heat. Transfer **cauliflower** to pan. Salt and pepper to taste. Stir to coat.

### FINISH POTATOES

• Transfer **potatoes** to bowl used for seasoning. Add **chives**. Stir to combine.

## 7 PLATE YOUR DISH

 Divide sautéed kale with roasted red peppers between plates. Top with smoky romesco cauliflower. Pile roasted potatoes on the side. Enjoy!











# **Nutrition Facts**

# 2 Servings per container **Serving size**

Amount per serving

# Calories

#### % Daily Value\* Total Fat 50g 64% Saturated Fat 10g 50% Trans Fat 0g Cholesterol 25mg 8% Sodium 1850mg 80% 17% **Total Carbohydrate** 48g Dietary Fiber 10g 36% Total Sugars 11g Includes 0g Added Sugars 0% **Protein** 13g Vitamin D 0mcg 0% Calcium 272mg 20% 15% Iron 3mg Potassium 1606mg 35%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## All ingredients in this recipe:

Cauliflower, Sweet & Smoky Paprika (Sweet Paprika, Smoked Paprika), Roasted Red Pepper Vinaigrette (Roasted Red Peppers [bell pepper], Apple Cider Vinegar [apple cider vinegar], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), Roasted Red Peppers [bell pepper], Green Kale, Red Potatoes, Smoky Spanish-Style Seasoning (Granulated Garlic, Ground Cumin, Cinnamon, Ground Coriander, Crushed Red Pepper Flakes, Sweet Paprika, Smoked Paprika, Ground Fennel, Applewood-Smoked Sea Salt), Hazelnuts [hazelnuts], Feta Cheese [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], Chives, Dried Apricots [apricots, sulfur dioxide, rice flour]

## Allergen information:

Contains Milk And Tree Nuts

Allergens may be reflected in pantry items listed in the "What You'll Need" section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

# (466g)