



**GREEN  
CHEF**

## CAULIFLOWER & KALE SALAD

*artichokes, tomatoes, feta, pistachios, garlic pitas*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

760

### MENU

VEGETARIAN // MEDITERRANEAN

This vibrant, veggie-packed salad is inspired by classic Greek flavors. Sautéed cauliflower florets, seasoned with a lemon pepper and herb blend, are tossed with pistachios and honey for an irresistibly savory and salty-sweet nod to baklava. The honey-glazed cauliflower is piled over a hearty kale salad studded with artichokes, tomatoes, carrots, and briny feta chunks. You'll also be toasting up garlic-oil-brushed pitas for a hearty and satisfying side.

### INGREDIENTS (12 ITEMS)

2¾ oz **Green kale**  
 1¼ oz **Artichoke hearts**  
 4 oz **Grape tomatoes**  
 9¾ oz **Cauliflower**  
 ¼ oz **Garlic**  
 ½ oz **Pistachios** T  
 2¼ oz **Herb miso-tahini sauce** S  
 1¾ oz **Carrots**  
 2 oz **Feta cheese** M  
 1 tsp **Lemon pepper & herb seasoning**  
 2 whole **Whole-wheat pita breads** W  
 1 oz **Honey**

### WHAT YOU'LL NEED

small & large sauté pans  
 large bowl  
 measuring spoons  
 oven mitt  
 cooking & olive oils  
 salt & pepper

### ALLERGENS

T TREE NUTS (pistachios)  
S SOY  
M MILK  
W WHEAT



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

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

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 PREP

- Preheat oven to 400 degrees.
- Remove and discard any thick center stems\* from **green kale\*\***. Roughly chop leaves into bite-size pieces.
- Roughly chop **artichoke hearts**.
- Halve **grape tomatoes**.
- Cut **cauliflower** into bite-size pieces if necessary.
- Mince **garlic**.
- Roughly chop **pistachios**.

*\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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

## 4 COOKING FOR

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.

## 2 MAKE SALAD

- Place **kale** in a large bowl. Drizzle with about 1 tablespoon **herb miso-tahini sauce**. Lightly season with salt. Massage until leaves soften.
- Add **artichokes, tomatoes, carrots**, and about half the **feta cheese**. Drizzle with remaining **tahini sauce** to taste. Toss to combine. Season with salt and pepper to taste.

## 3 START CAULIFLOWER

- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower** to hot pan. Season with **lemon pepper and herb seasoning**, ¼ teaspoon salt, and a pinch of pepper. Cook 5–8 minutes, or until cauliflower begins to soften, stirring occasionally.\* (You'll finish the cauliflower in Step 6.)

*\*If the pan seems dry while cooking, add another tablespoon cooking oil.*

## 4 MAKE GARLIC OIL

- Heat 2 tablespoons olive oil in a small sauté pan over medium heat. Add **garlic** to hot pan. Cook about 1 minute, or until fragrant, stirring frequently.
- Remove from heat. Season with salt and pepper.

## 5 TOAST PITAS

- Place **whole-wheat pita breads** directly on oven rack. Toast 2–4 minutes, or until evenly browned.
- Transfer **pitas** to a cutting board. Brush **garlic oil** over pitas with a pastry brush.\* Cut cooled **pitas** into 6–8 pieces each.

*\*If you don't have a pastry brush, drizzle the garlic oil over the pitas, then rub to evenly coat.*

## 6 FINISH CAULIFLOWER

- Reduce heat under pan with **cauliflower** to medium. Add **honey** and about 2 tablespoons water. Cook 3–5 minutes, or until cauliflower is fork-tender and evenly coated, stirring occasionally.
- Add **pistachios**. Cook about 1 minute, or until pistachios are lightly toasted, stirring occasionally.

## 7 PLATE YOUR DISH

- Divide **kale salad** between bowls. Top with **honey-glazed cauliflower**. Sprinkle with remaining **feta**. Serve **garlic pitas** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (464g)

**Amount per serving**

**Calories** **760**

	% Daily Value*
<b>Total Fat</b> 44g	56%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 1450mg	63%
<b>Total Carbohydrate</b> 76g	28%
Dietary Fiber 13g	46%
Total Sugars 21g	
Includes 2g Added Sugars	4%
<b>Protein</b> 22g	
Vitamin D 1mcg	6%
Calcium 283mg	20%
Iron 5mg	30%
Potassium 1208mg	25%

\* 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:

**Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **Honey** [honey], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Grape Tomatoes**, **Carrots**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Pistachios** [pistachio], **Green Goddess Dressing** (Tahini Sauce [sesame seeds], Miso Paste [organic whole soybeans, organic handmade rice koji, sun-dried sea salt, Blue Ridge Mountain well water, koji spores], Lemon Juice [lemon], Sea Salt, Black Pepper, Basil, Parsley, White Vinegar [organic distilled vinegar, diluted with water to 5% acidity], Granulated Garlic, Dried Dill, Sunflower Oil [high oleic sunflower oil], Water, Ascorbic Acid [ascorbic acid]), **Garlic**, **Whole-Wheat Pita Breads** [stoneground whole wheat flour, water, sugar, yeast, wheat gluten, contains 2% or less of: salt, wheat starch, maltodextrin, microcrystalline cellulose, dough conditioner (bromelain), calcium propionate], **Green Kale**, **Cauliflower**

### Allergen information:

Contains Wheat, Soy, Tree Nuts And Milk

*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.*