



**GLUTEN
FREE**

Roasted Cauliflower & Lentils

with Tahini and Sumac



30-40min



2 Servings

Cauliflower cooks up nutty and tender when roasted in this hearty meal and we love Medjool dates because they taste like brown sugar caramel. Served over tender lentils and topped with a tangy tahini sauce, you'll be scraping your plate clean. Cook, relax and enjoy!

What we send

- cauliflower
- scallions
- large cloves garlic
- medjool dates
- French lentils
- lemon
- sumac

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- medium saucepan
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 735.0kcal, Fat 34.3g, Proteins 30.4g, Carbs 64.6g



1. Roast cauliflower

Preheat oven to 450°F. Halve cauliflower, remove core, and cut into small florets. Toss with 3 tablespoons oil, 1 teaspoon salt, and ¼ teaspoon pepper on a rimmed baking sheet. Roast, shaking sheet halfway through, until golden and tender, 25-30 minutes.



2. Prep vegetables

Meanwhile, trim roots and tips from scallions and thinly slice, separating whites and greens. Peel and finely chop garlic. Pit and chop dates.



3. Sauté aromatics

Heat 1 tablespoon oil in a medium saucepan over medium-high. Add scallion whites and garlic and season with 1 teaspoon salt. Cook, stirring, until softened, about 2 minutes.



4. Cook lentils

Add lentils to saucepan with 2½ cups water. Bring to a simmer, cover, and cook until tender, about 20 minutes; drain any excess water.



5. Make sauce

Halve lemon. In a medium bowl, whisk tahini, half of lemon juice, ¼ cup cold water, 1 tablespoon oil, and ¼ teaspoon each salt and pepper until smooth. Cut remaining lemon half into wedges.



6. Finish & serve

When cauliflower comes out of the oven, add chopped dates and toss to combine. Transfer lentils to a platter and top with cauliflower and dates. Spoon tahini sauce over top and sprinkle with sumac and reserved scallion greens. Serve with lemon wedges for squeezing over. Enjoy!