















# Roasted Cauliflower and Red Pepper Sauce

with Smashed Chickpeas and Potatoes

Deluxe Veggie

35 Minutes



-  Cauliflower  
1 | 1
-  Roasted Pepper Pesto  
½ cup | 1 cup
-  Almonds, sliced  
28 g | 56 g
-  Garlic Salt  
1 tsp | 2 tsp
-  Parsley  
7 g | 14 g
-  Smoked Paprika-Garlic Blend  
1 tbsp | 2 tbsp
-  Yellow Potato  
300 g | 600 g
-  Chickpeas  
1 | 2
-  Feta Cheese, crumbled  
¼ cup | ½ cup
-  Lemon  
1 | 2
-  Cream  
113 ml | 237 ml
-  Garlic, cloves  
2 | 4

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



**Pantry items** | Butter, oil, salt, pepper

**Cooking utensils** | Baking sheet, large non-stick pan, large pot, measuring spoons, parchment paper, potato masher, small bowl, strainer, zester

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

1



### Cook cauliflower

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Leaving core intact, slice **cauliflower** into 4 equal steaks.
- Add **half the cauliflower**, **Smoked-Paprika Spice Blend** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **½ tsp (1 tsp) garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-30 min. (**NOTE:** For 4 ppl, roast in the bottom and middle of the oven, rotating sheets halfway through.)

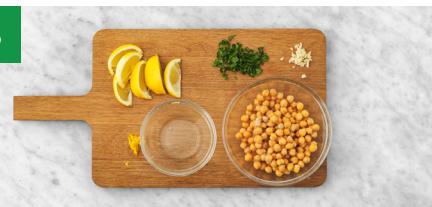
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### Cook potatoes

- Meanwhile, cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer, uncovered, until fork-tender, 10-12 min.
- Drain, then return **potatoes** to the same pot, off heat.

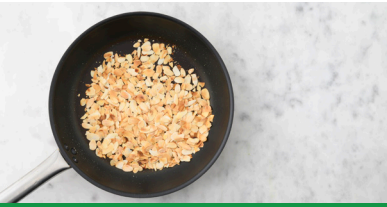
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### Prep

- Meanwhile, drain and rinse **chickpeas**.
- Zest **lemon**, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.

4



### Make sauce and toast almonds

- Heat a large non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.
- Meanwhile, add **roasted pepper pesto** to a small microwavable bowl. Microwave until warmed through, 1-2 min.
- Stir in **1 tsp (2 tsp) lemon juice**.
- Set aside and cover to keep warm.

5



### Cook chickpeas

- Add **2 tbsp (4 tbsp) butter** to the same pan (used in step 4) over medium heat, then **chickpeas** and **chopped garlic**.
- Cook, stirring occasionally, until warmed through, 3-4 min.
- Add **drained potatoes** to the pan, then remove from heat.
- Season with **pepper**, **½ tsp (1 tsp) garlic salt** and **¼ tsp (½ tsp) salt**, then lightly smash together.
- Add **cream**, **half the parsley** and **lemon zest**, then stir together.

6



### Finish and serve

- Divide **potato-chickpea mash** between plates.
- Top with **cauliflower steaks**.
- Spoon **red pepper pesto** over top.
- Sprinkle **remaining parsley**, **feta** and **almonds** over top.