



JAN  
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## Crispy Chickpea and Roasted Cauliflower Salad

with Quinoa and Roasted Garlic Vinaigrette

Think you know cauliflower? Think again. Roasting cauliflower is the ultimate way to prepare this veggie—you'll be amazed by the nutty flavour that develops. Our Moroccan-inspired spice blend adds additional warmth and spice to this incredibly hearty winter salad.



30 min



level 1



veggie



Cauliflower



Carrot



Crispy Chickpeas



Moroccan Spice Blend



Cayenne



Quinoa



Honey



Lemon



Parsley



Arugula



Garlic

## Ingredients

	2 People	*Not Included
Cauliflower, rosettes	1 pkg (285 g)	<b>Allergens</b>
Carrot, diced	1 pkg (170 g)	None
Crispy Chickpeas ??	1 pkg (56 g)	
Moroccan Spice Blend	1 pkg (1 tbsp)	
Cayenne 	1 pkg (1 tsp)	
Garlic	2 pkg (20 g)	
Quinoa	1 pkg (113 g)	
Honey	½ pkg (1½ tsp)	<b>Tools</b>
Lemon	1	Baking Sheet, Small Pot, Large Bowl, Whisk, Measuring Cups, Measuring Spoons, Zester
Parsley	1 pkg (14 g)	
Arugula	1 pkg (56 g)	
Olive or Canola Oil*		

**Nutrition per person** Calories: 438 cal | Fat: 10 g | Protein: 16 g | Carbs: 78 g | Fibre: 14 g | Sodium: 181 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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**1 Preheat the oven to 400°F. (To roast the veggies.) Start prepping when your oven comes up to temperature!**

**2 Prep: Wash and dry all produce.** Bring **1 cup salted water** to a boil in a small pot. Coarsely chop the **parsley**. Zest, then juice the **lemon**.

**3 Roast the veggies:** Toss the **cauliflower** and **carrot** on a parchment-lined baking sheet with a drizzle of **oil**, then sprinkle over **half the spice blend** and as much **cayenne** as you like. Season with **salt** and **pepper**. Wrap the **garlic cloves** in a small piece of tin foil with a drizzle of **oil**. Set the foil-wrapped **garlic** on the baking sheet. Roast in the centre of the oven, stirring the veggies halfway through cooking, until golden brown and the garlic is very soft, 18-20 min.

5



**4 Cook the quinoa:** Meanwhile, add the **quinoa** and **remaining spice blend** to the boiling water. Reduce heat to medium-low. Cook, covered, until **quinoa** is tender and all the water has been absorbed, 12-15 min.

6



**5 Make the roasted garlic vinaigrette:** Unwrap the garlic. In a large bowl, use a fork to mash the **roasted garlic** into a paste. Add the **lemon juice**, **1½ tsp honey**, and a drizzle of **oil**. Whisk until combined.

**6 Finish and serve:** Fluff the **quinoa** with a fork. Add the **quinoa**, **cauliflower**, **carrot**, **arugula**, **parsley**, **lemon zest** and **chickpeas** into the **vinaigrette**. Toss to combine. Season with **salt** and **pepper**. Serve the **salad** divided between bowls. Enjoy!

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