

Ingredients	2 People	4 People
Cauliflower	1 crown	2 crowns
Chickpeas	1 can	2 cans
Orange	1	2
Pepitas	1 oz	2 oz
Greek Yogurt	1) ½ C	1 C
Dill	1 bunch	2 bunches
Cumin	1 t	2 t
Coriander	1 t	2 t
Olive Oil*	3 T	6 T

*Not Included

Allergens

1) Milk

Tools

Baking Sheet, Strainer, 3 Small Bowls

Ruler

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Nutrition per person Calories: 665 cal | Carbs: 69 g | Fat: 33 g | Protein: 32 g | Fiber: 18 g



1 Preheat oven to 400 degrees. Strip and discard the leaves from the bottom of the **cauliflower**, then trim the stem so it sits flat on a baking sheet. Drizzle the cauliflower crown with 2 tablespoons **olive oil**. Season with **salt, pepper**, and ½ teaspoon **cumin**. Roast on a baking sheet for about 40 minutes, until tender and golden brown.



2 Meanwhile, drain and rinse the **chickpeas**, then pat them dry with paper towel. Toss in a small bowl with ½ teaspoon **coriander**, 1 tablespoon **olive oil**, and a large pinch of **salt** and **pepper**. Place on the baking sheet with the cauliflower and roast for 15-20 minutes, until crispy.



3 Using a small paring knife, remove and discard the peel and white pith of the **orange**, cutting carefully around the flesh. Working over a small bowl, hold the **peeled orange** in one hand and cut between the membranes to remove each orange segment. Squeeze the remaining orange core over another small bowl to collect any juice. Reserve the orange juice and segments separately.



4 Make the **dilled yogurt**: finely chop the **dill**, then combine **half the chopped dill**, ½ cup **Greek yogurt**, and ½ teaspoon **cumin** to the bowl with the **orange juice**. Season with **salt** and **pepper**.

5 When the **cauliflower** is golden brown, cut it into quarters and plate on a bed of **roasted chickpeas** and **orange segments**. Drizzle **dilled yogurt** over top and garnish with **remaining dill** and **pepitas**. Enjoy!



Cooking Made Easy

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Mediterranean Whole-Roasted Cauliflower

with Coriander-Spiced Chickpeas & Dilled Yogurt Sauce



Roasting the cauliflower crown whole allows the exterior to develop a deliciously golden brown crust. Similarly, chickpeas become crispy on the outside and creamy on the inside when oven-roasted. A generous drizzle of dilled yogurt sauce completes this Mediterranean-inspired plate!



45 min



level 1



nut free



veggie



gluten free



Cauliflower



Coriander



Pepitas



Greek Yogurt



Dill



Chickpeas



Cumin



Orange