



OCT
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Crispy Chickpea and Roasted Cauliflower Salad with Quinoa and Roasted Garlic Vinaigrette

Cauliflower is one of the most versatile veggies out there. You can mash it, steam it, eat it raw, or—our personal favorite—roast it. In this recipe, we throw it in the oven with crispy chickpeas and carrots before tossing everything together with hearty quinoa.



Prep: 10 min
Total: 30 min



level 1



nut
free



veggie



gluten
free



dairy
free



Cauliflower



Carrot



Chickpeas



Ras el
Hanout



Garlic



Honey



Lemon



Parsley



Arugula



Quinoa

Ingredients

	2 People	4 People
Cauliflower	12 oz	24 oz
Carrot	1	2
Chickpeas	1 Box	2 Boxes
Ras el Hanout	1 t	2 t
Garlic	2 Cloves	4 Cloves
Quinoa	½ Cup	1 Cup
Honey	1 t	2 t
Lemon	1	2
Parsley	¼ oz	¼ oz
Arugula	2 oz	4 oz
Olive Oil*	3 T	6 T

*Not Included

Allergens

None

Tools

Peeler, Strainer, Foil, Baking sheet, Small pot, Small bowl, Whisk, Large bowl

Nutrition per person Calories: 723 cal | Fat: 28 g | Sat. Fat: 3 g | Protein: 27 g | Carbs: 92 g | Sugar: 15 g | Sodium: 288 mg | Fiber: 24 g

2



1 Prep: Wash and dry all produce. Preheat the oven to 425 degrees. Peel and cut the **carrot** into ½-inch cubes. Drain and rinse the **chickpeas**. Wrap the **garlic cloves** in a small piece of foil with a drizzle of **olive oil**.

3



2 Roast the veggies and garlic: Toss the **chickpeas, cauliflower, and carrots** on a baking sheet with a large drizzle of **olive oil**, the **ras el hanout**, and a pinch of **salt** and **pepper**. Place the baking sheet and foil-wrapped **garlic** in the oven. Bake about 20 minutes, tossing the **veggies** halfway through, until golden brown. The garlic should be very soft at this point.

4



3 Cook the quinoa: While the veggies roast, bring **1 cup water** with a large pinch of **salt** to a boil in a small pot. Once boiling, add the **quinoa**. Cover and reduce to a simmer for 15-20 minutes, until tender.

4 Make the roasted garlic vinaigrette: Halve the **lemon**. Use a fork to mash the **roasted garlic** into a paste on your cutting board. In a small bowl, whisk together the **lemon juice, garlic paste, 1 teaspoon honey**, and about **2 Tablespoons olive oil**. Season with **salt** and **pepper**.

4



5 Toss: In a large bowl, toss together the **quinoa, chickpeas, cauliflower, carrots, arugula, and vinaigrette**. Season with **salt** and **pepper**.

6 Plate: Divide the **crispy chickpea and roasted cauliflower salad** between plates. Pick the **parsley leaves** off the stems, sprinkle over, and enjoy!

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