

# Roasted Cauliflower Salad

with Caper Brown Butter & Parmesan Breadcrumbs



Seasonal salads don't get much more satisfying than this. We're bringing roasted cauliflower and sautéed kale together with cheesy toasted breadcrumbs and a briny caper-studded dressing. Served on top, soft-boiled eggs add extra richness.

[\*\*Get Cooking\*\*](#)

**BLUE APRON WINE PAIRING**



**2 Cage-Free Farm Eggs**

**2 cloves Garlic**

**1 head Cauliflower**

**1 Lemon**

**2 Tbsps Butter**

**1 Shallot**

**1 Tbsp Capers**

**3 Tbsps Panko Breadcrumbs**

**1/4 cup Grated Parmesan Cheese**

**tried-and-true**

**kitchen tools**



## 11" PFOA-Free CTX Nonstick Pan

**By Scanpan**

A true stovetop trifecta: nonstick, heavy duty, and environmentally sound. When meal prep requires a delicate touch—think eggs over easy or a seared salmon fillet—our culinary team grabs this even-heating, toxin-free pan. The patented ceramic titanium coating stands up to utensils (yes, even metal!), and best of all, it's easy to clean.



## **How To: Prep Cauliflower Florets**

Cauliflower is one of our favorite cool-weather vegetables. In certain recipes, we specify to cut the head into small florets. Check out this short video to learn the simple technique that will make prepping cauliflower a snap!

[Click for Tablet View](#)



## 1 Prepare & roast the cauliflower:

Place an oven rack in the center of the oven, then preheat to 450°F. Heat a small pot of water to boiling on high. Wash and dry the fresh produce. Cut out and discard the core of the **cauliflower**; cut into small pieces. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer. Roast 22 to 24 minutes, or until lightly browned and tender when pierced with a fork. Carefully transfer to a large bowl.



## 2 Prepare the remaining ingredients:

While the cauliflower roasts, peel and thinly slice the **shallot**. Peel and roughly chop the **garlic**. Remove and discard the stems of the **kale**; roughly chop. Using a peeler, remove the yellow rind of the **lemon**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.



### 3 Cook & peel the eggs:

While the cauliflower continues to roast, carefully add the **eggs** to the pot of boiling water and cook for exactly 7 minutes. Drain and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. When cool enough to handle, carefully peel the cooked eggs.



#### 4 Make the parmesan breadcrumbs:

While the eggs cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **breadcrumbs**; season with salt and pepper. Toast, stirring frequently, 2 to 4 minutes, or until lightly browned. Transfer to a bowl and stir in the **cheese**; season with salt and pepper to taste. Wipe out the pan.



In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **sliced shallot** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened. Add the **chopped kale** and **1/4 cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the kale has wilted and the water has cooked off. Turn off the heat. Stir in the **lemon zest**. Transfer to the bowl of **roasted cauliflower**. Gently stir to combine; season with salt and pepper to taste. Wipe out the pan.



## 6 Make the brown butter & plate your dish:

In the same pan, heat the **butter** on medium-high until melted. Cook, stirring frequently and swirling the pan, 1 to 2 minutes, or until browned and nuttily fragrant. (Be careful not to overcook, as the butter can burn easily.) Turn off the heat. Stir in the **capers** and **the juice of all 4 lemon wedges**; season with salt and pepper to taste. Top the **finished cauliflower and kale** with the brown butter, **parmesan breadcrumbs**, and **peeled eggs**; season the eggs with salt and pepper. Enjoy!