

Roasted Broccoli & Fregola Sarda Salad

with Hard-Boiled Eggs & Tahini Dressing



This Middle Eastern-inspired recipe is brimming with varied flavors and textures. Toasty pearls of pasta, roasted vegetables (seasoned with savory, herby za'atar), crumbled cheese, and chopped almonds all come together in a smooth, nutty dressing.

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BLUE APRON WINE PAIRING



2 Cage-Free Farm Eggs

1/2 cup Fregola Sarda Pasta

1 clove Garlic

1 lb Broccoli

1 Red Onion

1 bunch Mint

2 Tbsps Tahini

1 oz Pecorino Romano Cheese

1 Tbsp Za'atar Seasoning (Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano, & Crushed Aleppo Pepper)

3 Tbsps Roasted Almonds

1 Lemon

tried-and-true

kitchen tools



[Large Maple Cutting Board](#)

by John Boos & Co. for Blue Apron

Built to last, this chopping board is prized by professional chefs and so gorgeous we never want to take it off the counter. Crafted with hardy American maple, this exclusive collaboration between Blue Apron and John Boos & Co. is equal parts beautiful and handy. Its durable surface won't warp and is resistant to scoring; magically, it also helps keep your blades sharper than other materials. You'll find these boards in our test kitchen—as well as professional kitchens around the world.



How To: Quarter and Deseed a Lemon

Lemons are indispensable to cooking. Their tart juice brightens other flavors and can tie a dish together. We've come up with an easy way to get the juice out of the lemon (without having to deal with the pesky seeds). Watch this short video to see how it's done.

[Click for Tablet View](#)



1 Prepare & roast the vegetables:

Place an oven rack in the center of the oven, then preheat to 450°F. Heat a medium pot of salted water to boiling on high. Heat a small pot of water to boiling on high. Wash and dry the fresh produce. Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small pieces, keeping the florets intact. Peel and thinly slice the **onion**. Place the vegetables on a sheet pan. Drizzle with olive oil and season with salt, pepper, and the **za'atar seasoning**; toss to coat. Arrange in an even layer. Roast 20 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Prepare the remaining ingredients:

While the vegetables roast, quarter and deseed the **lemon**. Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester). Roughly chop the **almonds**. Using a fork, crumble the **cheese** into small pieces. Pick the **mint** leaves off the stems; discard the stems.



While the vegetables continue to roast, add the **pasta** to the medium pot of boiling water and cook 14 to 16 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.



4 Cook & peel the eggs:

While the pasta cooks, carefully add the **eggs** to the small pot of boiling water and cook for exactly 9 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. Transfer to a cutting board and thinly slice into rounds; season with salt and pepper.



While the eggs cook, in a bowl, whisk together the **tahini**, **the juice of all 4 lemon wedges**, **2 tablespoons of water**, and **as much of the garlic paste as you'd like**. Slowly whisk in **2 tablespoons of olive oil** until well combined; season with salt and pepper to taste.



6 Finish & serve your dish:

Add the **roasted vegetables**, **chopped almonds**, **crumbled cheese**, **dressing**, and a drizzle of olive oil to the pot of **cooked pasta**. Stir to combine; season with salt and pepper to taste. Serve the finished salad topped with the **seasoned eggs** and a drizzle of olive oil. Garnish with the **mint leaves** (tearing just before adding). Enjoy!