



More than Food

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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 seasonal veggie—you'll be amazed by the nutty flavor that develops. Ras el hanout adds additional warmth and spice to this incredibly hearty winter salad.

35 min

level 1

vegan

nut free

gluten free



Cauliflower



Carrot



Chickpeas



Ras el Hanout



Garlic



Quinoa



Honey



Lemon



Parsley



Arugula

Ingredients

	2 People	4 People
Cauliflower	1 head	2 heads
Carrot	6 oz	12 oz
Chickpeas	1 box	2 boxes
Ras el Hanout	1 t	2 t
Garlic	2 cloves	4 cloves
Quinoa	½ C	1 C
Honey	1 t	2 t
Lemon	1	2
Parsley	¼ oz	½ oz
Arugula	2 oz	4 oz
Olive Oil*	3 T	6 T

*Not Included

Allergens

None

Tools

Baking Sheet, Peeler, Small Pot, Large Bowl, Small Bowl, Strainer, Whisk

Ruler

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Nutrition per person Calories: 711 cal | Fat: 29 g | Sat. Fat: 3 g | Protein: 25 g | Carbs: 89 g | Sugar: 16 g | Sodium: 272 mg | Fiber: 23 g

Make sure to wash and dry produce before prepping or cooking!



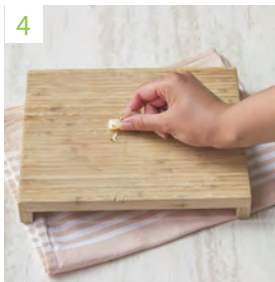
1

1 Prep and cook the quinoa: Preheat the oven to 400 degrees. Bring **1 cup water** with a large pinch of **salt** to a boil in a small pot. Drain and rinse the **chickpeas**. Wrap the **garlic cloves** in a small piece of tin foil with a drizzle of **olive oil**. Once boiling, add the **quinoa** to the boiling water, cover, and reduce to a simmer for 15-20 minutes, until tender.



2

2 Roast the vegetables: Peel and cut the **carrot** into ½-inch cubes. Cut the **cauliflower** into small bite-sized florets. Toss the **chickpeas**, **cauliflower**, and **carrot** on a baking sheet with a large drizzle of **olive oil**, the **ras el hanout**, and a large pinch of **salt** and **pepper**. Set the foil-wrapped **garlic cloves** on the baking sheet. Place in the oven for about 20 minutes, tossing halfway through, until golden brown and the garlic is very soft.



4

3 Pick the **parsley** leaves off the stems and discard the stems. Halve and juice the **lemon**.

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



4

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

6 Finish and plate: Serve the **salad** divided between bowls and garnish with the **parsley leaves**. Enjoy!