



SEP
2016

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 flavour that develops. Our Moroccan-inspired spice blend adds additional warmth and spice to this incredibly hearty winter salad.

30 min

level 1

veggie



Cauliflower



Carrot



Crispy Chickpeas



Moroccan Spice



Garlic



Quinoa



Honey



Lemon



Parsley

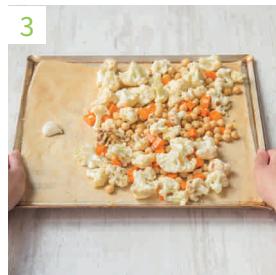


Arugula

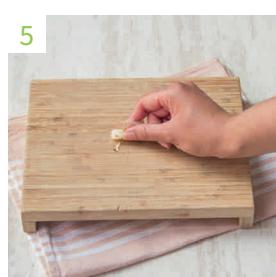
Ingredients	2 People	4 People	*Not Included
Cauliflower Rosettes	1 pkg (227 g)	2 pkg (454 g)	
Carrot	1	2	
Crispy Chickpeas	1 pkg (56 g)	2 pkg (113 g)	
Moroccan Spice Blend	1 pkg (1 1/2 tsp)	2 pkg (3 tsp)	
Garlic	4 cloves	8 cloves	
Quinoa	1 pkg (1/2 cup)	2 pkg (1 cup)	
Honey	1 1/2 tsp	3 tsp	
Lemon	1	2	
Parsley	1 pkg (7 g)	2 pkg (14 g)	
Arugula	1 pkg (56 g)	2 pkg (113 g)	
Olive or Canola Oil*			

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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
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat the oven to 400°F. Start prepping when your oven comes up to temperature!



2 Prep: Wash and dry all produce. Bring **1 cup salted water** (double for 4 people) to a boil in a small pot. Peel (if desired) and cut the **carrot** into ½-inch cubes. Coarsely chop the **parsley**. Halve and juice the **lemon**.



4 Cook the quinoa: Meanwhile, add the **quinoa** to the boiling water. Reduce heat to medium-low. Cook, covered, until **quinoa** is tender and all the water has been absorbed, 12-15 min.



5 Make the roasted garlic vinaigrette: Meanwhile, in a large bowl, whisk together the **lemon juice**, **honey** (DO: measure out), and a drizzle of **oil**. Mash the **roasted garlic** into a paste on your cutting board using a fork. Whisk the **garlic paste** into the vinaigrette.

6 Finish and serve: Fluff the **quinoa** with a fork. Add the **quinoa**, **cauliflower**, **carrot**, **arugula**, **parsley** and **chickpeas** into the **vinaigrette**. Toss to combine. Season with **salt** and **pepper**. Serve the **salad** divided between bowls. Enjoy!

Tools

Baking Sheet, Small Pot, Large Bowl, Whisk, Measuring Cups, Measuring Spoons

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