



DUKKAH-ROASTED CAULIFLOWER

with Lemon Yogurt

VEGGIE



HELLO DUKKAH

This Egyptian condiment is a mixture of herbs, nuts, and spices

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 526



Cauliflower, florets



Sweet Potato, cubes



Red Onion, wedges



Bulgur Wheat



Parsley



Dukkah Spice



Vegetable Broth Concentrate



Dried Apricots



Lemon



Greek Yogurt

BUST OUT

- Baking Sheet
- Measuring Cups
- Parchment Paper
- 2 Small Bowls
- Small Pot
- Strainer
- Zester
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Cauliflower, florets 285 g
- Sweet Potato, cubes 340 g
- Red Onion, wedges 56 g
- Bulgur Wheat 1 ½ cup
- Parsley 10 g
- Dukkah Spice 5,8 2 tbsp
- Vegetable Broth Concentrate 1
- Dried Apricots 9 56 g
- Lemon 1
- Greek Yogurt 2 100 g

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **450°F** (to roast the veggies). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce.* In a small pot, bring the **broth concentrate** and **¾ cup salted water** to a boil. Roughly chop the **parsley**. Zest the **lemon**, then cut the lemon into wedges. Thinly slice the **apricots**. Cut any large **cauliflower florets** into smaller pieces.



4 ADD DUKKAH When the **veggies** have roasted for 10 min, remove the baking sheet from the oven and sprinkle over the **dukkah spice**. Toss together. Continue roasting, in the centre of the oven, until the veggies are golden-brown and tender, 14-16 min. Meanwhile, when the **apricots** are tender, drain and set aside.



2 ROAST VEGGIES On a parchment-lined baking sheet, toss the **sweet potatoes, cauliflower** and **onions** with a drizzle of **oil**. Season with **salt**. Roast in the centre of the oven until the veggies start to soften, 10 min. (It's okay if they are not cooked all the way through at this step!)



5 FINISH BULGUR When the **bulgur** is tender, fluff with a fork and stir in the **apricots, half the lemon zest** and **half the parsley**. Season with **salt** and **pepper**. Set aside. In another small bowl, stir together the **yogurt** and **remaining lemon zest**. Season with salt and pepper.



3 COOK BULGUR Meanwhile, add the **bulgur** to the boiling water. Remove the pot from the heat, **cover** and let stand until the bulgur is tender and the water has been absorbed, 15-16 min. Meanwhile, in a small bowl, combine the **apricots** with enough **hot tap water** to cover. Set aside until tender and rehydrated, 5-6 min.



6 FINISH AND SERVE Divide the **bulgur** between plates. Top with the **veggies**. Sprinkle over the **remaining parsley** and any **dukkah spice** left on the baking sheet. Dollop with **yogurt** and squeeze over a **lemon wedge**, if desired.

SWEET!

The addition of apricot in the bulgur is a sweet surprise in every bite!