



HOME CHEF

# Truffled Cauliflower Agrodolce

With Pumpkin Seed Arugula Salad and Mini Baguette



It seems many cultures have some type of sweet-and-sour sauce, and the Italians aren't messing around! Theirs is an agrodolce, combining Italian words for "sweet" and "sour." Our version combines raisins, sugar, and vinegar to achieve the sweet and sour effect. The sauce is served over seared cauliflower florets and accented with truffle oil and pumpkin seeds. It's all served next to crostini and a simple tomato, arugula, and shallot salad for a hearty and healthy vegetarian meal with a delightful flavor.

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

## NUTRITION

Calories: 518  
Carbohydrates: 106g  
Fat: 12g  
Protein: 18g  
Sodium: 700mg  
*per serving*

## DIETARY



LOW CALORIE



NUT-FREE

## DRINK PAIRING

Truffles are fancy stuff indeed, so you need a fancy drink: cocktails with Cognac (like a sidecar), or big, tannic Italian reds like Barbaresco or Barolo.

## INGREDIENTS

1 Shallot  
5 oz. Grape Tomatoes  
16 oz. Cauliflower Florets  
1 Mini Baguette  
8 oz. White Wine Vinegar  
2 oz. Golden Raisins  
¼ Cup Sugar  
1 oz. Parmesan Cheese,  
Grated  
¾ oz. Pumpkin Seeds  
1 ½ oz. Arugula  
½ tsp. Truffle Oil

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper

## EQUIPMENT

Baking Sheet  
Medium Pot  
Medium Pan  
Mixing Bowl

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## Prepare the Ingredients

Thoroughly rinse produce and pat dry. Preheat oven to 375 degrees and prepare a baking sheet with foil. Peel and halve **shallot**. Thinly slice (julienne) one half and mince other half. Halve **grape tomatoes**. Cut **cauliflower florets** in half through the stem. Trim ends from **baguette** and cut into 4 crostini on a slight angle.



## Make the Agrodolce Marinade

In a medium pot over medium-high heat, combine **vinegar** (reserving 1 tsp. for dressing arugula), **raisins**, **sugar**, **minced shallot** (to taste), and ½ cup of **water**. Bring to a simmer, stirring to dissolve sugar, and continue cooking until **marinade** is reduced to ½ cup, about 8 minutes. Set aside and keep warm. *Adding raisins, or any dried fruit to sauces, is a great way to re-hydrate them to plump-y juiciness.*



## Toast Pumpkin Seeds and Baguette

Spread **pumpkin seeds** on one half of baking sheet. Lay **crostini** on other half of tray and drizzle bread with 2 tsp. **olive oil** and sprinkle with half the **Parmesan cheese**. Season both crostini and seeds with **salt and pepper** and toast in oven 7-8 minutes, or until both are golden brown.



## Sear the Cauliflower

Heat 1 tsp. **olive oil** in a medium pan over medium-high heat. Add **cauliflower florets** cut side down and sear 3 minutes or until well browned. Season with a pinch of **salt and pepper**.



## Finish the Agrodolce

Add **marinade** and half of **toasted pumpkin seeds** to pan with **cauliflower** and simmer over medium heat, stirring often, until florets are tender, about 4 minutes.



## Plate the Dish

Toss arugula with **reserved 1 tsp. vinegar**, **julienned shallot**, **halved tomatoes**, **remaining pumpkin seeds**, and a pinch of **salt and pepper** in a mixing bowl. Top with remaining **Parmesan cheese** and serve alongside **toasted crostini** and **cauliflower agrodolce** in its marinade. Just before serving, drizzle **truffle oil** over cauliflower (to taste). *Truffle oil is potent stuff, try with a drop or two, inhale the luxurious aroma, and add more if desired.*