



**NUTRITION** *per serving* 50g carbohydrates 24g fat 12g protein 1469mg sodium | low-calorie, vegetarian, shellfish-free, nut-free



Calories  
441



Prep & Cook Time  
25-35 min.



Cook Within  
7 days



Difficulty  
Expert



Spice Level  
Not Spicy

#### IN YOUR BOX

- 1 Red Onion
- 2 Tbsp. Lemon 'n Herb Seasoning
- 1 tsp. Smoked Paprika
- 10 oz. Cauliflower Florets
- 2 Persian Cucumbers
- 1 Roma Tomato
- 1 Lemon
- 5.3 oz. Plain Greek Yogurt
- 2 Pita Breads
- 4 oz. Spinach

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Box Grater
- 2 Small Bowls

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HOME CHEF

## Lemon-Spiced Cauliflower Pita

with tzatziki and spinach salad

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Red onion is used three times. Most **diced onion** roasts with **cauliflower**, 2 tsp. **diced onion** is used for **lemon vinaigrette**, and **thin onion strips** are tossed with **spinach salad**.
- **Heads Up!** Cucumber is used three times. **Grated cucumber** goes in **tzatziki sauce**, half the half-moons are in **pita filling**, and remaining half-moons are part of **spinach salad**.
- **Heads Up!** Roma tomato is used twice. **Finely diced tomatoes** are in **pita filling**, and half-moons are tossed with **spinach salad**.
- **Spice Alert!** Red onion brings a nice kick to **spinach salad** and **pita filling**, but use to taste to keep elements balanced.

## FROM THE CHEF

No need to clean mixing bowl between tossing cauliflower with seasoned oil and dressing vegetables. Any leftover spice will add great flavor!

### Did you know...

Cruciferous vegetables like cauliflower are packed with nutrients like vitamin C and support your cardiovascular, digestive, and immune systems.



1

## Roast the Cauliflower

Halve and peel **onion**. Slice half the onion into thin strips and cut other half into ¼” dice. Combine **lemon-herb seasoning** and **smoked paprika** in a mixing bowl with 2 Tbsp. **olive oil**. Add **cauliflower florets** and **diced onion** (reserve 2 tsp. for **lemon vinaigrette**). Toss to coat and spread into a single layer on prepared baking sheet. Roast until tender and lightly caramelized, 18-20 minutes. Reserve mixing bowl for dressing vegetables; no need to wipe clean.



4

## Warm Pitas and Dress Vegetables

Stack **pitas** and wrap in foil. Place in oven 5 minutes until warmed and pliable. Combine **diced tomato** and **half the half-moon cucumbers** (reserve remaining for spinach salad) in reserved mixing bowl. Toss with 1 tsp. **lemon vinaigrette**.



2

## Prepare the Ingredients

Trim **cucumbers**. Halve one lengthwise and cut into ¼” half-moons. Grate second cucumber on large hole side of box grater and squeeze out excess moisture in a paper towel. Core **Roma tomato** and halve lengthwise. Slice one half into ¼” half-moons and finely dice other half. Zest **lemon**, halve, and juice.



5

## Fill Pitas and Toss Salad

Fill warmed **pitas** with **cauliflower** and dressed **vegetable mixture**. In mixing bowl used for vegetables, combine **spinach** with **thin onion strips** (to taste), **half-moon tomatoes**, and remaining **half-moon cucumber**. Toss with remaining **lemon vinaigrette** and season to taste with a pinch of **salt and pepper**.



3

## Make Tzatziki Sauce and Lemon Vinaigrette

In a small bowl, combine **yogurt**, **grated cucumber**, 1 tsp. **lemon juice**, 1 tsp. **lemon zest**, ½ tsp. **salt**, and ¼ tsp. **pepper**. In a second small bowl, whisk together 1 Tbsp. **lemon juice**, reserved 2 tsp. **diced red onion**, 2 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.



6

## Plate the Dish

Serve **pitas** on a plate along with **salad**. Garnish salad with remaining **lemon zest**. Add a dollop of **tzatziki sauce** to pitas or serve on side for dipping.