



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

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



HOME CHEF

Lemon-Spiced Cauliflower Pita

with tzatziki and spinach salad

www.homechef.com/3411

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.