

# Cauliflower Shawarma Tacos

Middle Eastern street food gets a fusion flare this week. We're pairing cauliflower with the fragrant spices of traditional shawarma, then roasting it with an egg and flour coating for a delicious crunch. Served up in a warm tortilla with pickled veggies and creamy baba ghanoush, it's a mash up that the whole family will love.

**25** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- 2 Baking Sheets
- Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)

### 5 MEEZ CONTAINERS

- Baba Ghanoush
- Seasoned Flour
- Pickled Veggies
- Tortillas
- Cauliflower

## Good to Know

**Health snapshot per serving** – 650 Calories, 16g Protein, 20g Fat, 104 Carbs, 19 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Cauliflower, Flour Tortillas, Eggplant, Tomato, Red Onion, Beets, Carrot, Broccoli, Carrots, Mayonnaise, Rice Flour, White Vinegar, Lemon, Tahina, Cumin, Paprika, Coriander, Turmeric, Kosher Salt, Sugar.

meez *meals*

### 1. Get Organized

Preheat your oven to 425. Brush or spray a baking sheet with oil.

### 2. Prep and Cook the Cauliflower

Beat 2 eggs in a mixing bowl. Spread the **Seasoned Flour** on a plate. Dip each **Cauliflower** floret in the egg, covering the entire surface. Shake off any excess liquid, then roll in the seasoned flour until it is completely coated and arrange on the oiled baking sheet.

Bake the coated cauliflower until brown and slightly crispy, 15 to 20 minutes. Remove from the oven and set aside.

### 3. Put It All Together

While the cauliflower is roasting, drain the liquid from the **Pickled Veggies** and set aside.

### 4. Warm the Tortillas

When the cauliflower is done, spread the **Tortillas** in a single layer on a second baking sheet and bake until the tortillas are warm, about 2 minutes.

### 5. Put It All Together

Fill each warm tortilla with cauliflower, then the drained pickled veggies, and top with the **Baba Ghanoush**. Enjoy!

*Alternatively,  
you can heat  
the tortillas  
one-by-one for  
about 20  
seconds on  
each side  
directly over a  
gas burner.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**