



# SWEET HEAT VEGAN CAULI BOWLS

with Cabbage-Carrot Rice & Pickled Cucumber

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Mini Cucumber



10 oz | 20 oz

Cauliflower Florets



2 | 4

Scallions



1 Thumb | 2 Thumbs  
Ginger



1 Clove | 2 Cloves  
Garlic



½ Cup | 1 Cup  
Jasmine Rice



4 oz | 8 oz  
Red Cabbage and  
Carrot Mix



5 tsp | 10 tsp  
Rice Wine  
Vinegar



1 TBSP | 1 TBSP  
Cornstarch



1 | 2  
Apricot Jam



4 TBSP | 8 TBSP  
Sweet Soy Glaze  
Contains: Sesame,  
Soy, Wheat



1 tsp | 2 tsp  
Sriracha



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

HELLO

SWEET HEAT

Apricot jam + our sweet soy glaze +  
Sriracha = sweet-hot heaven!



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 500



# HELLO FRESH

## IN A SLURRY

In Step 6, you'll mix up a silky-smooth slurry of cornstarch + cold water (hot water = clumpy). This magical liquid thickens and makes sauces velvety in seconds.

## BUST OUT

- 2 Small bowls
  - Medium pan
  - Baking sheet
  - Whisk
  - Small pot
- 
- Kosher salt
  - Black pepper
  - Sugar (**¼ tsp** | **½ tsp**)
  - Cooking oil (**5 tsp** | **5 tsp**)



## 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve **cucumber** lengthwise; slice into ¼-inch-thick half-moons. Cut **cauliflower** into bite-size pieces. Trim **scallions**; mince whites and slice greens on a diagonal into ½-inch pieces. Peel and mince or grate **ginger**. Peel and mince or grate **garlic**.



## 2 PICKLE CUCUMBER

- In a small bowl, combine **cucumber**, **vinegar**, **¼ tsp sugar** (**½ tsp** for 4 servings), and a **pinch of salt**. Set aside to pickle.



## 3 ROAST CAULIFLOWER

- Toss **cauliflower** on a baking sheet with a **large drizzle of oil**, **salt**, and **pepper**. Roast on top rack until tender, 20-25 minutes.



## 4 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites** and cook, stirring occasionally, until fragrant and softened, 1 minute.
- Add **rice**, **¾ cup water** (**1½ cups** for 4 servings), and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



## 5 COOK VEGGIES

- While rice cooks, heat a **drizzle of oil** in a medium pan over medium-high heat. Add **scallion greens**; cook until fragrant, 1 minute.
- Add **cabbage and carrot mix**; cook, stirring occasionally, until scallions are slightly charred and veggies are tender, 3-4 minutes. Turn off heat; transfer to a plate. Wipe out pan.



## 6 MAKE SAUCE & COAT CAULI

- In a second small bowl, whisk together **half the cornstarch** and **¼ cup cold water** (**all the cornstarch and ½ cup cold water** for 4 servings) until no lumps remain. Set aside.
- Heat a **drizzle of oil** in pan used for veggies over medium heat. Add **ginger** and **garlic**; cook until fragrant, 30 seconds.
- Stir in **jam**, **sweet soy glaze**, **cornstarch mixture**, and as much **Sriracha** as you like. Cook, stirring constantly, until thickened and syrupy, 2-3 minutes. Reduce heat to low. **TIP: Add water a splash at a time if sauce seems too thick.**
- When **cauliflower** is done roasting, add to pan with **sauce**; stir until thoroughly coated.



## 7 FINISH & SERVE

- Stir **cabbage mixture** into pot with **rice**.
- Divide rice between shallow bowls. Top with **saucy cauliflower** and **pickled cucumber** (**draining first**). Serve.

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