



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!



HelloCustom

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 700



10 oz | 20 oz
Ground Turkey

Calories: 740



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



HELLO

SWEET HEAT

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

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
- Baking sheet
- Small pot
- Medium pan
- Whisk
- Kosher salt
- Black pepper
- Sugar (1/4 tsp | 1/2 tsp)
- Cooking oil (5 tsp | 5 tsp) (1 tsp | 1 tsp) 🍴 🍴



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve **cucumber** lengthwise; slice into 1/4-inch-thick half-moons. Cut **cauliflower** whites and slice greens on a diagonal into 1/2-inch pieces. Peel and mince or grate **ginger**. Peel and mince or grate **garlic**.



2 PICKLE CUCUMBER

- In a small bowl, combine **cucumber**, **vinegar**, 1/4 tsp **sugar** (1/2 tsp for 4 servings), and a **pinch of salt**. Set aside to pickle.
- 🍴 Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a medium pan over medium-high heat (use a large pan for 4 servings). Add chicken or **turkey*** and season with **salt** and **pepper**. Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



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**, 3/4 cup **water** (1 1/2 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, stirring, 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.

🍴 Use pan used for chicken or turkey here.



6 MAKE SAUCE & COAT CAULI

- In a second small bowl, whisk together **half the cornstarch** and 1/4 cup **cold water** (all the cornstarch and 1/2 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, stirring occasionally, 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.

- 🍴 Stir **chicken** or **turkey** into **sauce** along with **cauliflower**.



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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🍴 *Chicken is fully cooked when internal temperature reaches 165°.

🍴 *Ground Turkey is fully cooked when internal temperature reaches 165°.