



SPICY PERUVIAN CAULIFLOWER BOWLS

with Loaded Rice, Pickled Jalapeño & Creamy Salsa Verde

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Cauliflower Florets



1 | 2
Jalapeño



2 | 4
Scallions



1 | 2
Lime



¼ oz | ½ oz
Cilantro



1 | 2
Tomato



1 TBSP | 2 TBSP
Fajita Spice Blend



1 tsp | 2 tsp
Garlic Powder



½ Cup | 1 Cup
Jasmine Rice



1 | 2
Veggie Stock Concentrate



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



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

*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

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



10 oz | 20 oz
Ground Turkey
Calories: 740



10 oz | 20 oz
Ground Beef**
Calories: 880



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



HELLO





CREAMY SALSA VERDE

Jalapeño, cilantro, and lime team up with sour cream in this bright, tangy sauce.

IN A PICKLE

In Step 3, you'll microwave sliced jalapeño in a lime-based pickling liquid. The heat helps the sugar and salt dissolve and speeds up the pickling process.

BUST OUT

- Zester
- Small pot
- Baking sheet
- Large pan  
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)  
- Sugar (¼ tsp | ½ tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **cauliflower** into bite-size pieces if necessary. Thinly slice **jalapeño** into rounds, removing ribs and seeds for less heat. Zest and quarter **lime**. Trim and thinly slice **scallions**, separating whites from greens. Finely chop **cilantro**. Dice **tomato** into ½-inch pieces.



4 COOK RICE

- Melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium heat. Add **scallion whites**, **half the garlic powder** (you'll use the rest later), and **remaining Fajita Spice Blend**; cook, stirring, until scallion whites are softened, 2-3 minutes.
- Add **rice**, **¾ cup water** (1½ cups for 4), **stock concentrate**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender and water has evaporated, 15-18 minutes.
- Keep covered off heat until ready to serve.



2 ROAST CAULIFLOWER

- Toss **cauliflower** on a baking sheet with a **large drizzle of oil**, **2 tsp Fajita Spice Blend** (4 tsp for 4 servings), **salt**, and **pepper**. (You'll use the rest of the Fajita Spice Blend later.) Roast on top rack until cauliflower is tender, 20-25 minutes.
-  While cauliflower roasts, heat a  **drizzle of oil** in a large pan over medium-high heat. Add **turkey*** or **beef*** and season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.



5 MAKE SALSA VERDE

- Remove **jalapeño** from pickling liquid (**reserve liquid**). Reserve a few rounds for garnish; mince remaining jalapeño.
- In a second small bowl, combine **cilantro**, **mayonnaise**, **sour cream**, **remaining garlic powder**, a **squeeze of lime juice**, a **big pinch of lime zest**, and a **pinch of minced jalapeño** to taste. **TIP: If you'd like more zesty heat, add a small splash of jalapeño pickling liquid instead of, or in addition to, lime juice.**
- Add **water** 1 tsp at a time until sauce reaches a drizzling consistency. Season with **salt** and **pepper**.





3 PICKLE JALAPEÑO


- Meanwhile, in a small microwave-safe bowl, combine **jalapeño**, **¼ tsp sugar**, **juice from half the lime**, and a **pinch of salt**. (For 4 servings, use ½ tsp sugar and a big pinch of salt.)
- Microwave for 30 seconds. Set aside to pickle, stirring occasionally.



6 FINISH & SERVE

- Fluff **rice** with a fork. Stir in **tomato**, a **squeeze of lime juice**, and as much **remaining minced jalapeño** as you like. Taste and season with **salt** and **pepper**.
- Divide rice between bowls; top with **cauliflower**. Drizzle everything with **salsa verde**. Garnish with **reserved jalapeño rounds** and sprinkle with **scallion greens**. Serve.
-  Stir **turkey** or **beef** into **rice** along with **tomato**.

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

 *Ground Beef is fully cooked when internal temperature reaches 160°.