



TURKISH-SPICED CAULIFLOWER BOWLS

with Rice, Peas & Cilantro-Cumin Sauce

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



2 | 4
Veggie Stock
Concentrates



10 oz | 20 oz
Cauliflower Florets



1 TBSP | 1 TBSP
Shawarma Spice
Blend



4 oz | 8 oz
Peas



¼ oz | ½ oz
Cilantro



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



4 TBSP | 8 TBSP
Yogurt
Contains: Milk



1 tsp | 1 tsp
Garlic Powder



1 tsp | 1 tsp
Cumin



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



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



HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz
Chicken Cutlets

Calories: 650



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 470



HELLO



SHAWARMA SPICE BLEND

Featuring turmeric, cumin, coriander, and allspice

CHOP, CHOP

Cilantro stems add tons of flavor. Chop them as finely as possible for the best texture. Less waste, more flavor!

BUST OUT

- Small pot
- Small bowl
- Large pan
- Paper towels 
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
(1 tsp | 1 tsp) 
- Butter (1 TBSP | 2 TBSP)
Contains: Milk


MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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



1 COOK RICE

- In a small pot, combine **rice**, **half the stock concentrates (you'll use the rest later)**, **¾ cup water (1¼ cups for 4 servings)**, and a **big 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.

-  While rice cooks, pat **chicken*** dry with paper towels and season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.



3 FINISH PREP & MAKE SAUCE

- While cauliflower cooks, roughly chop **cilantro**.
- In a small bowl, combine cilantro, **sour cream**, **yogurt**, **¼ tsp garlic powder**, and **¼ tsp cumin (½ tsp garlic powder and ½ tsp cumin for 4 servings)**. (**Reserve remaining garlic powder and cumin for another use.**) Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.




2 START PREP & COOK CAULIFLOWER

- While rice cooks, **wash and dry produce**. Roughly chop **cauliflower** into bite-size pieces.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add cauliflower; season with **salt** and **pepper**. Cook, stirring occasionally, until beginning to soften, 3-5 minutes.
- Add **peas**, **half the Shawarma Spice Blend**, **remaining stock concentrate**, **2 TBSP water**, and **1 TBSP butter (for 4 servings, use all the Shawarma Spice Blend, 4 TBSP water, and 2 TBSP butter)**. Cook, stirring occasionally, until cauliflower is browned and tender, 3-5 minutes. Taste and season with **salt** and **pepper** if desired.

-  Use pan used for chicken here.



4 FINISH & SERVE

- Fluff **rice** with a fork. Taste and season with **salt** and **pepper** if desired.
 - Divide rice between plates and top with **spiced cauliflower**. Drizzle with **yogurt sauce**. Garnish with **almonds**. Serve.
-  Slice **chicken** crosswise. Serve atop **rice** along with **spiced cauliflower**.