












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 |



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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: 690 | 
10 oz 20 oz
Ground Turkey
Calories: 760 |
|--|---|



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 490



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
- Baking sheet
- 2 Small bowls
- Small pot
- Large pan 🍳 🍳
- 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

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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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, open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **turkey*** and season with **salt** and **pepper**. Cook, stirring frequently, 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 **chicken** or **turkey** into **rice** along with **tomato**.

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

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