



# 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  
OR GIVE US A CALL AT (646) 846-3663.



## 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.*

### HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



### 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**.

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