



# VEGAN KICKIN' CAJUN CAULIFLOWER STEW

with Basmati Rice

## INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz  
Cauliflower Florets



1 | 2  
Yellow Onion



1 | 2  
Green Bell Pepper



2.5 oz | 5 oz  
Celery



¼ oz | ½ oz  
Parsley



1 TBSP | 2 TBSP  
Cajun Spice Blend



½ Cup | 1 Cup  
Basmati Rice



2 | 4  
Veggie Stock Concentrates



1 TBSP | 2 TBSP  
Flour  
Contains: Wheat



14 oz | 28 oz  
Diced Tomatoes



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  
Shrimp  
Contains: Shellfish

Calories: 640



10 oz | 20 oz  
Chicken Breast Strips

Calories: 690



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 490





HELLO

## CAJUN SPICE BLEND

Smoked paprika, cayenne, garlic, onion, thyme, and oregano bring the bayou to the stew!

## ROUX THE DAY

In Step 4, you'll make a roux, adding flour to the oil to thicken and flavor the stew. The flour contributes a rich, toasty flavor but can burn quickly, so keep an eye on it (and stir often!).

## BUST OUT

- Baking sheet
- Paper towels 🍴
- Small pot
- Large pan 🍴
- Large pot
- Kosher salt
- Black pepper
- Cooking oil (2 TBSP | 2 TBSP)  
(1 tsp | 1 tsp) 🍴

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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. Halve, peel, and finely dice **onion**. Core, deseed, and finely dice **bell pepper**. Finely dice **celery**. Pick **parsley leaves** from stems; mince leaves.



### 4 START STEW

- Heat a **large drizzle of oil** in a large pot over medium-high heat. Add **onion, bell pepper, and celery**; cook, stirring occasionally, until browned and softened, 6-8 minutes. Season generously with **salt and pepper**.
- Add another **drizzle of oil** to pot. Sprinkle in **flour** and **remaining Cajun Spice Blend**; cook, stirring, until lightly toasted, 1-2 minutes more.

- 🍴 Rinse **shrimp\*** under cold water. Pat shrimp or **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 shrimp or chicken; cook, stirring occasionally, until cooked through, 3-4 minutes for shrimp, or 4-6 minutes for chicken. Transfer to a plate.



### 2 ROAST CAULIFLOWER

- Toss **cauliflower** on a baking sheet with a **large drizzle of oil, half the Cajun Spice Blend (you'll use the rest later), salt, and pepper**. Roast on top rack until tender and golden brown, 20-25 minutes.



### 5 FINISH STEW

- Add **diced tomatoes, remaining stock concentrates, and 1 1/4 cups water (2 1/2 cups for 4 servings)** to same pot; stir to combine, scraping up any browned bits from bottom of pot.
- Bring to a boil, then reduce heat to low, cover, and cook until slightly thickened, 7-10 minutes.
- Stir in **roasted cauliflower** and **half the parsley**. Taste and season with **salt and pepper**.

- 🍴 Add **shrimp** or **chicken** to **stew** along with **cauliflower**.



### 3 COOK RICE

- Meanwhile, in a small pot, combine **rice, half the stock concentrates, 3/4 cup water (1 1/2 cups for 4 servings), a drizzle of oil, salt, and pepper**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



### 6 FINISH & SERVE

- Fluff **rice** with a fork.
- Divide rice between bowls on one side; serve **stew** alongside rice. Garnish with **remaining parsley** and serve.

🍴 \*Shrimp are fully cooked when internal temperature reaches 145°.

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