



VEGAN SPICY TEX-MEX CAULIFLOWER BOWLS

with Fajita Veggies, Guacamole & Pineapple Salsa

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Cauliflower Florets



1 Clove | 2 Cloves
Garlic



1 | 2
Tex-Mex Paste



¾ Cup | 1½ Cups
Jasmine Rice



1 | 2
Long Green Pepper



1 | 2
Yellow Onion



1 | 2
Lime



¼ oz | ½ oz
Cilantro



4 oz | 8 oz
Pineapple



1 TBSP | 1 TBSP
Fajita Spice Blend



4 TBSP | 8 TBSP
Guacamole



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
Chicken Cutlets

Calories: 780



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 940



PREP: 15 MIN | COOK: 30 MIN | CALORIES: 590



HELLO

PINEAPPLE SALSA

Adds sweet, tropical notes to a fajita-spiced vegan mash-up

IN A PINCH

Love cilantro? Use it all—including the stems! Unsure? Use just a pinch or skip it altogether.

BUST OUT

- Large bowl
- Baking sheet
- Small pot
- Strainer
- Small bowl
- Zester
- Large pan
- Paper towels 🍴 🍴
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp) (1 tsp | 1 tsp) 🍴 🍴
- Olive oil (1 tsp | 1 tsp)



1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **cauliflower florets** into bite-size pieces if necessary. Peel and mince or grate **garlic.**



2 ROAST CAULIFLOWER

- In a large bowl, combine **Tex-Mex paste** and a **drizzle of oil**. Add **cauliflower**; stir until thoroughly coated. Transfer to a **lightly oiled** baking sheet. **TIP: Line with foil first for easy cleanup!**
- Roast on top rack until browned and tender, 20-25 minutes. Wipe out bowl.



3 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **garlic** and cook, stirring, until fragrant, 30 seconds.
- Stir in **rice, 1 1/4 cups water (2 1/4 cups for 4 servings)**, and a **big pinch of salt**. 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.



4 FINISH PREP

- While rice cooks, drain **pineapple** over a small bowl (**reserve juice for Step 6**). Halve, peel, and thinly slice **onion**; mince a few slices until you have 1 TBSP (**2 TBSP for 4 servings**). Finely chop **cilantro**. Zest and quarter **lime**. Halve, core, and thinly slice **green pepper** into strips.



5 MAKE SALSA

- In bowl used for cauliflower, combine **drained pineapple, minced onion, half the cilantro, a squeeze of lime juice,** and a **pinch of lime zest**. Season with **salt** and **pepper**.

- 🍴 Pat **chicken*** or **salmon*** dry with paper towels; season with **salt** and **pepper**.
- 🍴 Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or salmon (**skin sides down**); cook chicken until cooked through, 3-5 minutes per side; cook salmon until skin is crisp and fish is almost cooked through, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board. Turn off heat; wipe out pan.



6 COOK FAJITA VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper, sliced onion, salt,** and **pepper**. Cook, stirring, until lightly browned, 3-5 minutes.
- Stir in **half the Fajita Spice Blend (all for 4 servings)** and a **splash of reserved pineapple juice**; cook, stirring and scraping up any browned bits from bottom of pan, until veggies are browned and tender, 2-3 minutes more. **TIP: If pan seems dry, add another splash of juice.**
- Remove pan from heat; stir in a **squeeze of lime juice**. Cover to keep warm.

- 🍴 Use pan used for chicken or salmon here.
- 🍴



7 FINISH & SERVE

- Fluff **rice** with a fork; stir in **remaining lime zest, remaining cilantro,** and a **drizzle of olive oil**. Season with **salt** and **pepper**.
- Divide **rice** between bowls; top with **fajita veggies, cauliflower, guacamole,** and **salsa**. Serve with **remaining lime wedges** on the side.

- 🍴 Thinly slice **chicken** crosswise. Serve chicken or **salmon** atop bowls.
- 🍴

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

*Salmon is fully cooked when internal temperature reaches 145°.

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