




VEGAN YUCATÁN-STYLE CAULIFLOWER BOWLS

with Spiced Black Beans & Chipotle Pineapple Mayo

INGREDIENTS

2 PERSON | 4 PERSON

-  **10 oz | 20 oz**
Cauliflower Florets
-  **1 | 2**
Orange
-  **1 | 2**
Lime
-  **2 | 4**
Scallions
-  **1 | 2**
Red Onion
-  **4 oz | 8 oz**
Pineapple
-  **1 | 2**
Tex-Mex Paste
-  **1 tsp | 2 tsp**
Paprika
-  **½ Cup | 1 Cup**
Jasmine Rice
-  **1 | 2**
Black Beans
-  **2 TBSP | 4 TBSP**
Vegan Chipotle Mayo

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

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

← HelloCustom

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

-  **10 oz | 20 oz**
Ground Beef**
-  **10 oz | 20 oz**
Ground Turkey
-  **Calories: 1030**
-  **Calories: 960**



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 710



HELLO



PICKLED ONION

The acid in the lime juice mellows the onion, making for a bright, tangy condiment.

DOUBLE DUTY

Why separate scallion whites from greens? The whites are firmer and more oniony—better for cooking; the greens are mild and tender, perfect for a garnish.


BUST OUT


- Zester
- Strainer
- Large bowl
- Whisk
- Small pot
- Medium bowl
- Plastic wrap
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp)  
- Sugar (1/4 tsp | 1/2 tsp)

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 *Ground Beef is fully cooked when internal temperature reaches 160°.

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



1 PREP & MIX CAULIFLOWER

- **Wash and dry produce.** Drain **pineapple**, reserving **juice**. Halve **orange**. Zest and quarter **lime**. Cut **cauliflower florets** into bite-size pieces if necessary. Thinly slice **scallions**, separating whites from greens. Halve, peel, and thinly slice **onion**. Drain **beans**.
- In a large bowl, whisk together **Tex-Mex paste**, drained pineapple, **half the paprika (you'll use the rest later)**, **juice from whole orange**, and **juice from half the lime**. Stir in cauliflower until thoroughly coated; set aside.



4 COOK CAULIFLOWER


- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **cauliflower mixture** in a single layer and cook, stirring occasionally, until tender and liquid has absorbed, 4-6 minutes. Taste and season with **salt** and **pepper**.
- Turn off heat. Transfer cauliflower to a plate; cover to keep warm. Wipe out pan.

 Use pan used for beef or turkey here.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites** and cook, stirring, until fragrant, 20-30 seconds.
- Stir in **rice**, **3/4 cup water (1 1/4 cups for 4 servings)**, and a **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.

-  Heat a **drizzle of oil** in a large pan over medium-high heat. Add **beef*** or **turkey*** and season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



5 WARM BEANS & MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **beans** and **remaining paprika**. Cook, stirring, until fragrant and warmed through, 2-3 minutes. Season with **salt** and **pepper**.
- Meanwhile, add **vegan chipotle mayo** and **half the pineapple juice (all for 4 servings)** to a small bowl; stir to combine. Taste and season with **salt** and **pepper**.




3 PICKLE ONION

- While rice cooks, in a medium microwave-safe bowl, combine **onion**, **juice from remaining lime**, **2 tsp water**, **1/4 tsp sugar**, and **1/4 tsp salt (use 3 tsp water, 1/2 tsp sugar, and 1/2 tsp salt for 4 servings)**. Cover bowl with plastic wrap and microwave for 30-35 seconds.
- Stir **pickled onions**; cover again with plastic wrap and set aside.



6 FINISH & SERVE

- When rice is done, stir **bean mixture** and **lime zest** into pot; taste and season with **salt** and **pepper**.
- Divide **rice and beans** between bowls. Top with **cauliflower** and **pickled onion (draining first)**. Drizzle with **chipotle pineapple mayo** and garnish with **scallion greens**. Serve.

 Layer **beef** or **turkey** over **rice and beans**.