



Cooking Made Easy

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## Roasted Cauliflower Steaks

with Bulgur, Tzatziki & Spiced Oil



Roasting cauliflower in thick slices transforms it into a hearty main dish! Tzatziki - everyone's favorite Greek condiment - is a tangy, protein-packed topping for these steaks. Served on a bed of whole grain bulgur, you might forget this dish is vegetarian!



35 min



level 1



nut free



veggie



Cauliflower



Bulgur



Pepitas



Greek Yogurt



Dill



Stock Concentrate



Cucumber



Cumin



Chili Flakes



Lemon

Ingredients	2 People	4 People
Cauliflower	1 crown	2 crowns
Bulgur	1) ½ C	1 C
Lemon	1	2
Pepitas	1 oz	2 oz
Stock Concentrate	1	2
Chili Flakes	1 t	2 t
Cumin	1 t	2 t
Cucumber	1	2
Greek Yogurt	2) ½ C	1 C
Dill	1 bunch	2 bunches
Olive Oil*	3 T	6 T

\*Not Included

### Allergens

- 1) Wheat
- 2) Milk

### Tools

Baking Sheet, Small Pot, Small Pan, Zester, Peeler

Ruler

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**Nutrition per person** Calories: 529 cal | Carbs: 57 g | Fat: 29 g | Protein: 23 g | Fiber: 16 g



**1** Preheat oven to 400 degrees. Cut the **cauliflower** lengthwise into 1-inch steaks. **HINT:** If any florets fall off, don't worry, just roast them alongside the steaks! Place the cauliflower on a lightly oiled baking sheet and drizzle with 1 tablespoon **olive oil**. Season with **salt** and **pepper**, then place in the oven for 25-30 minutes, until tender and browned.



**2** In a small pot, bring 1 ½ cups **water** to a boil with the **stock concentrate** and a pinch of **salt**. Add the **bulgur**, reduce to a simmer, and cook for about 8 minutes, until tender.



**3** Meanwhile, heat 2 tablespoons **olive oil** in a small pan over medium heat. Stir in the **cumin**, as many **chili flakes as you dare** (we used ¼ **teaspoon**), and a pinch of **salt** and **pepper**. Infuse for 30 seconds, until fragrant, then set aside.



**4** Peel and dice the **cucumber**. Chop the **dill**. Zest and halve the **lemon**. To make the tzatziki sauce, mix ½ cup **Greek yogurt** with **half the dill**, ¼ cup **cucumber**, and **lemon juice** to taste. Season with **salt** and **pepper**.

**5** Fluff the **bulgur** with a fork and stir in a pinch of **lemon zest**. Serve the **bulgur** and top with **roasted cauliflower steaks**, **remaining cucumber**, **tzatziki**, **pepitas**, and a drizzle of **spiced oil**. Sprinkle with **remaining dill** and enjoy!