



VEGAN HOISIN-GLAZED CAULIFLOWER BOWLS

with Loaded Veggie Rice & Sesame Seeds

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Cauliflower Florets



2 | 4
Scallions



9 oz | 18 oz
Carrots



1 TBSP | 1 TBSP
Sesame Oil
Contains: Sesame



½ Cup | 1 Cup
Jasmine Rice



1 | 2
Veggie Stock
Concentrate



4 oz | 8 oz
Peas



4 TBSP | 8 TBSP
Katsu Sauce
Contains: Soy, Wheat



2 TBSP | 4 TBSP
Hoisin Sauce
Contains: Soy, Wheat



1 oz | 2 oz
Sweet Thai Chili
Sauce



1 tsp | 1 tsp
Korean Chili
Flakes



1 TBSP | 1 TBSP
Sesame Seeds
Contains: Sesame



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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: 750



10 oz | 20 oz
Ground Turkey

Calories: 840



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 580



HELLO

HOISIN SAUCE

Sweet and tangy Cantonese-style sauce with a barbecue-like kick

ALL THE SINGLE LAYERS

For crispy, evenly browned cauliflower, spread it out in one layer and don't crowd that pan!

BUST OUT

- Baking sheet
- Large pan
- Peeler
- Medium bowl
- Small pot
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp) (2 tsp | 2 tsp)

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1 ROAST CAULIFLOWER

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim **cauliflower** into bite-size pieces.
- Toss cauliflower on a baking sheet with a **large drizzle of oil, salt, and pepper.** Roast on top rack until tender, 20-25 minutes.



2 PREP

- Meanwhile, trim and thinly slice **scallions**, separating whites from greens. Trim, peel, and quarter **carrots** lengthwise; thinly slice crosswise into quarter-moons.



3 COOK RICE

- Heat a **drizzle of oil** and **half the sesame oil** in a small pot (use all the sesame oil and a medium pot for 4 servings) over medium-high heat. Add **scallion whites** and cook, stirring occasionally, 1-2 minutes.
- Add **rice, stock concentrate, 1 cup water (2 cups for 4), and a pinch of salt.** Bring to a boil, then cover and reduce heat to low. Cover and cook until rice is tender, 15-18 minutes. Keep covered off heat until Step 6.

- Rinse **shrimp*** under cold water; pat dry with paper towels. Heat a **large drizzle of oil** in a large pan over high heat. Add shrimp or **turkey*** and season with **salt and pepper.** Cook, stirring frequently, until cooked through, 3-4 minutes for shrimp or 4-6 minutes for turkey. Turn off heat; transfer to a plate. Wipe out pan.



4 COOK CARROTS & PEAS

- While rice cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **carrots** and a **pinch of salt;** stir to combine. Cover and cook, stirring occasionally, until lightly browned and almost cooked through, 5-7 minutes.
- Uncover and add **peas** and **1/4 cup water (1/2 cup for 4 servings).** Cook until carrots and peas are tender and water has completely evaporated, 1-2 minutes. Taste and season with **salt and pepper.** Transfer to a plate.



5 GLAZE CAULIFLOWER

- When cauliflower is almost done roasting, combine **katsu sauce, hoisin, chili sauce, 1 tsp water (2 tsp for 4 servings), and a pinch of chili flakes** in a medium microwave-safe bowl.
- Microwave until warmed, 20-30 seconds. Taste and season with **salt and pepper** if needed.
- Transfer **roasted cauliflower** to bowl with **sauce;** toss to combine.



6 FINISH & SERVE

- To pot with **rice,** add **carrots and peas** and **half the scallion greens.** Stir to combine; taste and season with **salt and pepper** if needed.
- Divide rice between shallow bowls and top with **glazed cauliflower.** Sprinkle with **sesame seeds** and remaining scallion greens. Serve.
- Add **shrimp** or **turkey** to **rice** along with **carrots and peas.**

Use pan used for shrimp or turkey here.

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

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