



SWEET HEAT VEGAN CAULI BOWLS

with Cabbage-Carrot Rice & Pickled Cucumber

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Mini Cucumber



10 oz | 20 oz
Cauliflower Florets



2 | 4
Scallions



1 Thumb | 2 Thumbs
Ginger



1 Clove | 2 Cloves
Garlic



½ Cup | 1 Cup
White Rice



4 oz | 8 oz
Coleslaw Mix



3 oz | 6 oz
Carrot



5 tsp | 10 tsp
Rice Wine Vinegar



1 TBSP | 1 TBSP
Cornstarch



1 | 2
Apricot Jam



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame, Soy,
Wheat



1 tsp | 2 tsp
Sriracha



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: 680



10 oz | 20 oz
Chopped Chicken Breast
Calories: 730



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 540



HELLO

SWEET HEAT

Apricot jam + our sweet soy glaze + Sriracha = sweet-hot heaven!

IN THE THICK OF IT

In Step 6, you'll make a mixture of cornstarch + cold water (hot water = clumpy). This magical liquid, known as a slurry, thickens and makes sauces velvety in seconds.

BUST OUT

- Peeler
- Grater
- 2 Small bowls
- Baking sheet
- Koshher salt
- Black pepper
- Sugar (¼ tsp | ½ tsp)
- Cooking oil (5 tsp | 5 tsp) (1 tsp | 1 tsp)
- Small pot
- Medium pan
- Whisk
- Paper towels



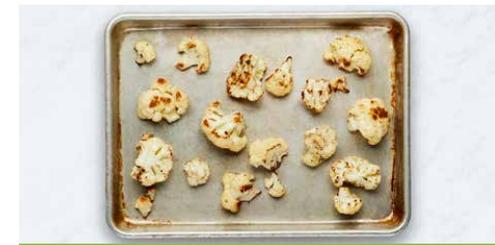
1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and halve **cucumber** lengthwise; slice into ¼-inch-thick half-moons. Cut **cauliflower** into bite-size pieces. Trim **scallions**; mince whites and slice greens on a diagonal into ½-inch pieces. Trim and peel **carrot**; grate on the largest holes of a box grater.
- Peel and mince or grate **ginger**. Peel and mince or grate **garlic**.



2 PICKLE CUCUMBER

- In a small bowl, combine **cucumber**, **vinegar**, ¼ tsp **sugar** (½ tsp for 4 servings), and a **pinch of salt**. Set aside to pickle.



3 ROAST CAULIFLOWER

- Toss **cauliflower** on a baking sheet with a **large drizzle of oil**, **salt**, and **pepper**. Roast on top rack until tender, 20-25 minutes.
- Rinse **shrimp*** under cold water; pat dry with paper towels. Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a medium pan (**large pan for 4 servings**) over medium-high heat. Add shrimp or chicken in a single layer; season with **salt** and **pepper**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



4 COOK RICE

- While cauliflower roasts, heat a **drizzle of oil** in a small pot over medium-high heat. Add **scallion whites** and cook, stirring occasionally, until fragrant and softened, 1 minute.
- Add **rice**, **1 cup water** (**2 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.



5 COOK VEGGIES

- While rice cooks, heat a **drizzle of oil** in a medium pan over medium-high heat. Add **scallion greens**; cook, stirring, until fragrant, 1 minute.
- Add **coleslaw mix** and **shredded carrot**; cook, stirring occasionally, until scallions are slightly charred and veggies are tender, 3-4 minutes. Turn off heat; transfer to a plate. Wipe out pan.
- In a second small bowl, whisk together **half the cornstarch** and ¼ cup **cold water** (**all the cornstarch and ½ cup cold water for 4 servings**) until no lumps remain. Set aside.

- Use pan used for shrimp or chicken here.



6 MAKE SAUCE & COAT CAULI

- Heat a **drizzle of oil** in pan used for veggies over medium heat. Add **ginger** and **garlic**; cook, stirring occasionally, until fragrant, 30 seconds.
- Stir in **jam**, **sweet soy glaze**, **cornstarch mixture**, and as much **Sriracha** as you like. Cook, stirring constantly, until thickened and syrupy, 2-3 minutes. Reduce heat to low. **TIP: Add water a splash at a time if sauce seems too thick.**
- When **cauliflower** is done roasting, add to pan with **sauce**; stir until thoroughly coated.

- Stir **shrimp** or **chicken** into **sauce** along with **cauliflower**.



7 FINISH & SERVE

- Stir **cabbage mixture** into pot with **rice**.
- Divide rice between shallow bowls. Top with **saucy cauliflower** and **pickled cucumber** (**draining first**). Serve.

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

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

SHARE YOUR #HELLOFRESHPICS WITH US @HELLOFRESH

(646) 846-3663 | HELLOFRESH.COM