



OVEN-ROASTED MEDITERRANEAN CAULIFLOWER

with Bulgur, Tzatziki, and Chili Cumin Oil



HELLO CHILI CUMIN OIL

A DIY condiment made by frying spices— it'll bring the flavor and the heat.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 450



Cauliflower Florets



Bulgur
(Contains: Wheat)



Cumin



Dill



Grape Tomatoes



Pepitas



Veggie Stock Concentrate



Chili Flakes



Persian Cucumber



Lemon



Greek Yogurt
(Contains: Milk)

START STRONG

Dill has a distinctive flavor that can sometimes be quite powerful. You may want to add just a pinch or two of it at first, then toss in more to taste.

BUST OUT

- Baking sheet
- Small pot
- Small pan
- Zester
- Small bowl
- Olive oil (7 tsp | 14 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Cauliflower Florets 10 oz | 20 oz
- Veggie Stock Concentrate 1 | 2
- Bulgur ½ Cup | 1 Cup
- Chili Flakes  1 tsp | 1 tsp
- Cumin 1 tsp | 2 tsp
- Persian Cucumber 1 | 2
- Dill ¼ oz | ¼ oz
- Lemon 1 | 1
- Grape Tomatoes 4 oz | 8 oz
- Greek Yogurt ½ Cup | 1 Cup
- Pepitas 1 oz | 2 oz

HELLO WINE



PAIR WITH

Domaine de Sales California
Sauvignon Blanc, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 ROAST CAULIFLOWER

Wash and dry all produce. Preheat oven to 400 degrees. Toss **cauliflower** on a baking sheet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven until tender and golden, 25-30 minutes.



4 PREP VEGGIES

Quarter **cucumber** lengthwise, then chop into ½-inch pieces. Pick **dill** fronds from stems and roughly chop. Zest **lemon**, then cut into halves. Halve **tomatoes** lengthwise.



2 COOK BULGUR

Bring **1 cup water, stock concentrate**, and a pinch of **salt** to a boil in a small pot. Stir in **bulgur** and cover. Lower heat and reduce to a simmer. Cook until tender, 12-15 minutes. Remove from heat and keep covered until meal is ready.



5 MAKE TZATZIKI SAUCE

In a small bowl, mix together ½ **cup yogurt** (we sent more), ¼ **cup cucumber**, half the **dill**, and a squeeze of **lemon**. Season with **salt** and **pepper**.



3 MAKE SPICED OIL

Meanwhile, heat **2 TBSP olive oil** in a small pan over medium heat. Stir in **chili flakes** (to taste—start with a pinch and add more if you like it spicy), **cumin**, and a pinch of **salt** and **pepper**. Cook until fragrant, about 30 seconds. Remove from heat and set aside.



6 FINISH AND PLATE

Divide **bulgur** between plates. Top with **tomatoes**, remaining **cucumber**, and **cauliflower**. Dollop with **tzatziki sauce**. Garnish with **pepitas**, **lemon zest**, and remaining **dill** (to taste), then lightly drizzle with **spiced oil**.

FLOWER POWER!

Did you know that cauliflower has tons of potassium, magnesium, and vitamin C?

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