

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









Cumin





Grape Tomatoes



Pepitas



(Contains: Milk)

Veggie Stock Concentrate

Chili Flakes

Persian Cucumber

Lemon

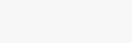
33.10 Oven-Roasted Mediterranean Cauliflower_NJ.indd 1 7/26/17 2:41 PM

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 1/2 Cup | 1 Cup • Chili Flakes 1tsp | 1tsp

• Cumin 1tsp | 2tsp

1 | 2 Persian Cucumber

• Dill 1/4 oz | 1/4 oz

111 Lemon 4 oz | 8 oz Grape Tomatoes

1/2 Cup | 1 Cup Greek Yogurt

 Pepitas 1 oz | 2 oz

HELLO WINE



Domaine de Sales California Sauvignon Blanc, 2015

HelloFresh.com/Wine





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.



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.



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.



PREP VEGGIES Quarter cucumber lengthwise, then chop into 1/2-inch pieces. Pick dill fronds from stems and roughly chop. Zest lemon, then cut into halves. Halve tomatoes lengthwise.



MAKE TZATZIKI SAUCE In a small bowl, mix together 1/2 cup yogurt (we sent more), 1/4 cup cucumber, half the dill, and a squeeze of lemon. Season with salt and pepper.



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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