



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
Jasmine Rice



4 oz | 8 oz
Red Cabbage and
Carrot Mix



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!

HELLO

SWEET HEAT

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

SWEET HEAT VEGAN CAULI BOWLS

with Cabbage-Carrot Rice & Pickled Cucumber



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 500



HELLO FRESH

IN A SLURRY

In Step 6, you'll mix up a silky-smooth slurry of cornstarch + cold water (hot water = clumpy). This magical liquid thickens and makes sauces velvety in seconds.

BUST OUT

- 2 Small bowls
- Medium pan
- Baking sheet
- Whisk
- Small pot
- Kosher salt
- Black pepper
- Sugar (**¼ tsp** | **½ tsp**)
- Cooking oil (**5 tsp** | **5 tsp**)



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- 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. 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.



4 COOK RICE

- Meanwhile, 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**, **¾ cup water** (**1½ 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 until fragrant, 1 minute.
- Add **cabbage and carrot mix**; 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.



6 MAKE SAUCE & COAT CAULI

- 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.
- Heat a **drizzle of oil** in pan used for veggies over medium heat. Add **ginger** and **garlic**; cook 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.



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.