

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz Cauliflower Florets



Yellow Onion



1 2 Green Bell Pepper



2.5 oz | 5 oz



¼ oz | ½ oz Parsley



1 TBSP | 2 TBSP Cajun Spice blend



1/2 Cup | 1 Cup Basmati Rice



Veggie Stock Concentrates



1 TBSP | 2 TBSP Flour **Contains: Wheat**



14 oz | 28 oz **Diced Tomatoes**



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



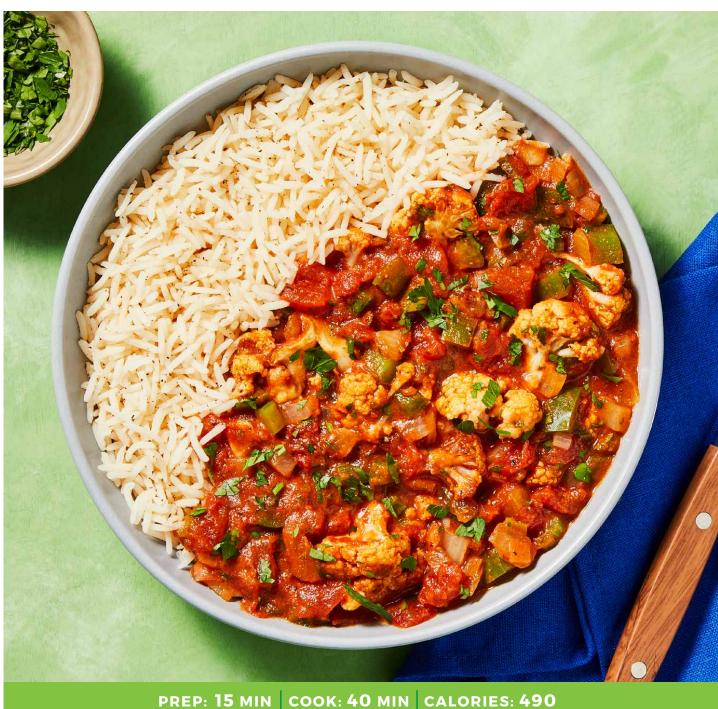
10 oz | 20 oz Chicken Breast Strips



Calories: 690

VEGAN KICKIN' CAJUN CAULIFLOWER STEW

with Basmati Rice





HELLO

CAJUN SPICE BLEND

Smoked paprika, cayenne, garlic, onion, thyme, and oregano bring the bayou to the stew!

ROUX THE DAY

In Step 4, you'll make a roux, adding flour to the oil to thicken and flavor the stew. The flour contributes a rich, toasty flavor but can burn quickly, so keep an eye on it (and stir often!).

BUST OUT

- Baking sheet
- Paper towels 😉 😉
- Small pot
- Large pan 😌 🤄
- Large pot
- Kosher salt
- · Black pepper
- Cooking oil (2 TBSP | 2 TBSP) (1 tsp | 1 tsp) 6 6

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- S*Shrimp are fully cooked when internal temperature reaches 145°.
- Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Cut cauliflower into bite-size pieces if necessary. Halve, peel, and finely dice onion. Core, deseed, and finely dice bell pepper. Finely dice celery. Pick parsley leaves from stems; mince leaves.



2 ROAST CAULIFLOWER

 Toss cauliflower on a baking sheet with a large drizzle of oil, half the Cajun Spice Blend (you'll use the rest later), salt, and pepper. Roast on top rack until tender and golden brown, 20-25 minutes.



3 COOK RICE

Meanwhile, in a small pot, combine rice, half the stock concentrates,
 4 cup water (1½ cups for 4 servings), a drizzle of oil, salt, and pepper.
 Bring to a boil, then cover and reduce heat to low. Cook until rice is tender,
 15-18 minutes. Keep covered off heat until ready to serve.



4 START STEW

- Heat a large drizzle of oil in a large pot over medium-high heat. Add onion, bell pepper, and celery; cook, stirring occasionally, until browned and softened, 6-8 minutes. Season generously with salt and pepper.
- Add another drizzle of oil to pot.
 Sprinkle in flour and remaining Cajun
 Spice Blend; cook, stirring, until lightly toasted, 1-2 minutes more.
- § Rinse **shrimp*** under cold water. Pat shrimp or **chicken*** dry with paper towels and season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken; cook, stirring occasionally, until cooked through, 3-4 minutes for shrimp, or 4-6 minutes for chicken. Transfer to a plate.



5 FINISH STEW

- Add diced tomatoes, remaining stock concentrates, and 1½ cups water (2½ cups for 4 servings) to same pot; stir to combine, scraping up any browned bits from bottom of pot.
- Bring to a boil, then reduce heat to low, cover, and cook until slightly thickened. 7-10 minutes.
- Stir in roasted cauliflower and half the parsley. Taste and season with salt and pepper.
- Add **shrimp** or **chicken** to **stew** along with **cauliflower**.



- O FINISH & SERV
- Fluff rice with a fork.
- Divide rice between bowls on one side; serve stew alongside rice. Garnish with remaining parsley and serve.