



# VEGAN SPICE MARKET CAULI BOWLS

with Charred Grape Tomatoes, Chermoula & Creamy Tahini

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



10 oz | 20 oz  
Cauliflower Florets



2 Cloves | 4 Cloves  
Garlic



1 TBSP | 2 TBSP  
Tunisian Spice Blend



1/2 Cup | 1 Cup  
Basmati Rice



1 | 2  
Veggie Stock Concentrate



1/4 oz | 1/2 oz  
Cilantro



1 | 2  
Lemon



1 | 1  
Jalapeño



2 TBSP | 4 TBSP  
Tahini  
Contains: Sesame



4 oz | 8 oz  
Grape Tomatoes



1/2 oz | 1 oz  
Almonds  
Contains: Tree Nuts



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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  
Chicken Cutlets

Calories: 940



10 oz | 20 oz  
Organic Chicken Cutlets

Calories: 940



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 760



HELLO





## CHERMOULA

You'll make this North African sauce with cilantro, garlic, lemon, and jalapeño.

### A TOAST TO THE ROAST

Oil + time in a hot oven enhances the natural sugars in veggies. Give them room on the baking sheet so they crisp up and keep an eye on them toward the end.

### BUST OUT

- Peeler
- 2 Small bowls
- Baking sheet
- Small pot
- Zester
- Whisk
- Large pan
- Paper towels  
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp) (1 tsp | 1 tsp)  
- Olive oil (10 tsp | 16 tsp)
- Sugar (¼ tsp | ½ tsp)




### 1 START PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces (**halve lengthwise first if carrots are on the larger side**). Cut **cauliflower** into bite-size pieces. Peel and mince or grate **garlic**; reserve a **pinch** in a small bowl (**you'll use it in Step 5**).



### 2 ROAST VEGGIES

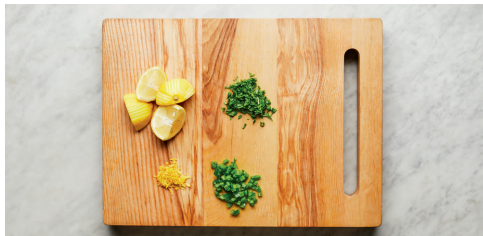
- Toss **carrots** and **cauliflower** on a baking sheet with a **large drizzle of oil**, **Tunisian Spice Blend**, a **big pinch of salt**, and **pepper**. Roast on top rack until browned and tender, 20-25 minutes.

-  Pat **chicken\*** or **organic chicken\*** dry with paper towels and season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board to rest. Wipe out pan.



### 3 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **remaining garlic**; cook, stirring, until fragrant, 30 seconds.
- Stir in **rice**, **¾ cup water (1½ cups for 4 servings)**, **stock concentrate**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



### 4 FINISH PREP

- While rice cooks, mince **cilantro**. Zest and quarter **lemon**. Mince **jalapeño**, removing ribs and seeds for less heat.




### 5 MAKE SAUCES

- To bowl with **reserved garlic**, add **cilantro**, **2 TBSP olive oil (3 TBSP for 4 servings)**, **salt**, and **pepper**. Add a **squeeze of lemon juice** and as much **jalapeño** as you like. Set **chermoula** aside.
- In a second small bowl, whisk together **tahini**, **juice from half a lemon**, **1 TBSP olive oil**, and **¼ tsp sugar (for 4, use juice from a whole lemon, 2 TBSP olive oil, and ½ tsp sugar)**. Add **water** 1 TBSP at a time until sauce reaches a drizzling consistency. (**TIP: Tahini will thicken at first as you add water but will then thin out again. We used 2 TBSP water for 2 servings, 3 TBSP for 4 servings.**) Season **tahini sauce** with **salt** and **pepper**.



### 6 CHAR TOMATOES



- Heat a **drizzle of oil** in a large pan over high heat. Add **tomatoes** and cook, undisturbed, until lightly charred, 1-2 minutes.
- Stir tomatoes; cook, stirring occasionally, until tender, 1-2 minutes more. Season with **salt** and **pepper**.

-  Use pan used for chicken here.




### 7 FINISH & SERVE

- Fluff **rice** with a fork; stir in **half the lemon zest** and a **drizzle of olive oil**. Season with **salt** and **pepper**.
- Divide rice between bowls; top with **roasted veggies** and **charred tomatoes**. Drizzle with **chermoula** and **tahini sauce**. Garnish with **almonds** and remaining lemon zest. Serve with any **remaining lemon wedges** on the side.

-  Slice **chicken** or **organic chicken**
-  crosswise. Serve atop bowls.

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

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