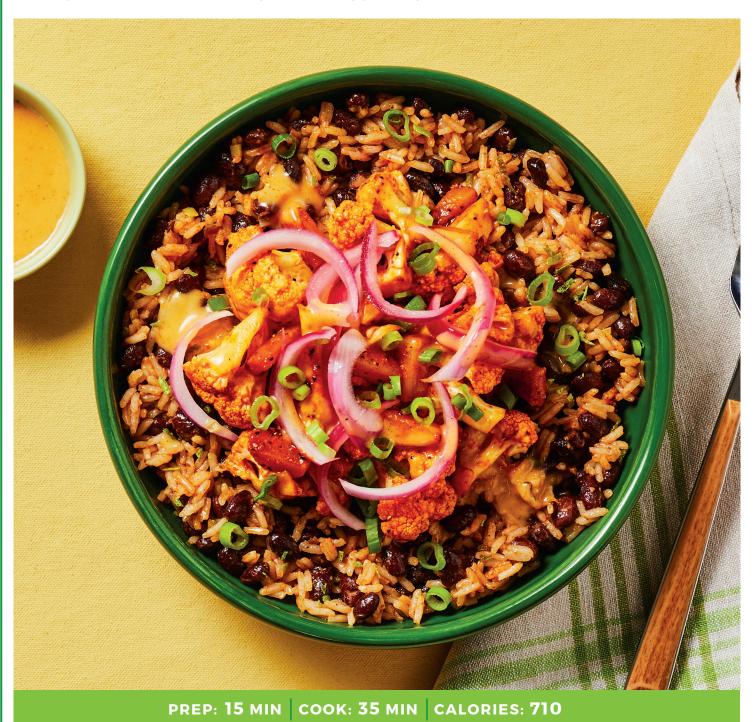


VEGAN YUCATÁN-STYLE CAULIFLOWER BOWLS

with Spiced Black Beans & Chipotle Pineapple Mayo



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HELLO

PICKLED ONION

The acid in the lime juice mellows the onion, making for a bright, tangy condiment.

DOUBLE DUTY

Why separate scallion whites from greens? The whites are firmer and more oniony—better for cooking; the greens are mild and tender, perfect for a garnish.

BUST OUT

- Zester
- Strainer
 - Plastic wrap

Medium bowl

Large pan

Small bowl

- Large bowl
- Whisk
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
 (1 tsp | 1 tsp) (1 (1 tsp))
- Sugar (¼ tsp | ½ tsp)

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 Cround Beef is fully cooked when internal temperature reaches 160°.
 Cround Turkey is fully cooked when internal temperature reaches 165°.



1 PREP & MIX CAULIFLOWER

- Wash and dry produce. Drain pineapple, reserving juice. Halve orange. Zest and quarter lime.
 Cut cauliflower florets into bitesize pieces if necessary. Thinly slice scallions, separating whites from greens. Halve, peel, and thinly slice onion. Drain beans.
- In a large bowl, whisk together Tex-Mex paste, drained pineapple, half the paprika (you'll use the rest later), juice from whole orange, and juice from half the lime. Stir in cauliflower until thoroughly coated; set aside.



2 COOK RICE

- Heat a drizzle of oil in a small pot over medium-high heat. Add scallion whites and cook, stirring, until fragrant, 20-30 seconds.
- Stir in rice, ¾ cup water (1¼ 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.
- Heat a drizzle of oil in a large pan
 over medium-high heat. Add beef*
 or turkey* and season with salt and
 pepper. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



- Heat a drizzle of oil in same pan over medium-high heat. Add beans and remaining paprika. Cook, stirring, until fragrant and warmed through, 2-3 minutes. Season with salt and pepper.
- Meanwhile, add vegan chipotle mayo and half the pineapple juice (all for 4 servings) to a small bowl; stir to combine. Taste and season with salt and pepper.



3 PICKLE ONION

- While rice cooks, in a medium microwave-safe bowl, combine onion, juice from remaining lime, 2 tsp water, ¼ tsp sugar, and ¼ tsp salt (use 3 tsp water, ½ tsp sugar, and ½ tsp salt for 4 servings). Cover bowl with plastic wrap and microwave for 30-35 seconds.
- Stir **pickled onions**; cover again with plastic wrap and set aside.



6 FINISH & SERVE

- When rice is done, stir **bean mixture** and **lime zest** into pot; taste and season with **salt** and **pepper**.
- Divide **rice and beans** between bowls. Top with **cauliflower** and **pickled onion** (draining first). Drizzle with **chipotle pineapple mayo** and garnish with **scallion greens**. Serve.

Layer beef or turkey over rice and
beans.

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4 COOK CAULIFLOWER

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **cauliflower mixture** in a single layer and cook, stirring occasionally, until tender and liquid has absorbed, 4-6 minutes. Taste and season with **salt** and **pepper**.
- Turn off heat. Transfer cauliflower to a plate; cover to keep warm. Wipe out pan.
- S Use pan used for beef or turkey here.