



More than Food

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## Roasted Cauliflower Steaks

with Bulgur, Tzatziki, and Spiced Oil

Roasting cauliflower in thick slices transforms it into a hearty main dish! Tzatziki - everyone's favorite Greek condiment - is a tangy, protein-packed topping for these steaks. Served on a bed of whole grain bulgur, it's both healthy and filling.

35 min

level 1

veggie

nut free



Cauliflower



Bulgur



Vegetable Stock Concentrate



Dill



Greek Yogurt



Pepitas



Cumin




Chili Flakes



Lemon



Cucumber

Ingredients		2 People	4 People
Cauliflower		1 head	2 heads
Bulgur	1)	½ C	1 C
Vegetable Stock Concentrate		1	2
Dill		¼ oz	½ oz
Greek Yogurt	2)	½ C	1 C
Pepitas		1 oz	2 oz
Cumin		1 t	2 t
Chili Flakes 		1 t	1 t
Lemon		1	2
Cucumber		1	2
Olive Oil*		2 T + 1 t	4 T + 2 t

\*Not Included

### Allergens

1) Wheat

2) Milk

### Tools

Baking Sheet, Small Pot, Small Bowl, Small Pan, Peeler

Ruler

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**Nutrition per person** Calories: 500 cal | Fat: 26 g | Sat. Fat: 4 g | Protein: 21 g | Carbs: 56 g | Sugar: 11 g | Sodium: 320 mg | Fiber: 15 g

Make sure to wash and dry produce before prepping or cooking!



1

**1 Prep and roast the cauliflower:** Preheat the oven to 400 degrees. Cut the **cauliflower** lengthwise into 1-inch thick steaks. Toss the **cauliflower** steaks with a drizzle of **olive oil** on a baking sheet and season with **salt** and **pepper**. Place in the oven for 25-30 minutes, until tender and browned.



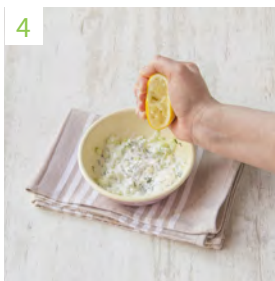
2

**2 Cook the bulgur:** Bring **1 cup water**, the **stock concentrate**, and a pinch of **salt** to a boil in a small pot. Add the **bulgur**, cover, and reduce to a simmer for 12-15 minutes, until tender.



3

**3 Make the spiced oil:** Meanwhile, heat **2 Tablespoons olive oil** in a small pan over medium heat. Stir in the **chili flakes** (to taste, start with ¼ teaspoon, you can always add more if you want it spicier), **cumin**, and season with **salt** and **pepper**. Cook for 30 seconds, until fragrant, then set aside.



4

**4 Make the tzatziki yogurt sauce:** Peel and dice the **cucumber**. Chop the **dill** and halve the **lemon**. In a small bowl, combine **½ cup Greek yogurt**, **¼ cup diced cucumber**, **half the dill**, and a squeeze of **lemon**. Season with **salt** and **pepper**.

**5 Plate:** Plate the **bulgur** and top with the **roasted cauliflower steaks**, **tzatziki yogurt sauce**, **remaining cucumber**, **pepitas**, and a drizzle of **spiced oil**. Garnish with the remaining **dill**, and enjoy!