



CAULIFLOWER STIR-FRY BOWLS

with Bell Pepper, Pineapple, and Sweet and Sour Sauce



HELLO
LAUREN CONRAD
 Dress up the dinner table with the first recipe from Lauren's Capsule Menu.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 560

- Ginger
- Scallions
- Pineapple
- Peanuts
(Contains: Peanuts)
- Soy Sauce
(Contains: Soy)
- Cornstarch
- Jasmine Rice
- Bell Pepper
- Cauliflower Florets
- White Wine Vinegar
- Veggie Stock Concentrate



START STRONG

Misplaced that peeler? Grab a spoon—it'll do just the trick for getting the skin off ginger. Dig the tip of the spoon in just beneath the surface of the root and use it to scrape the outer layer away.

BUST OUT

- Peeler
- 2 Large bowls
- Small pot
- Large pan
- Strainer
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Olive oil (2 tsp | 4 tsp)
- Sugar (1 tsp | 2 tsp)
- Vegetable oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Ginger 1 Thumb | 2 Thumbs
- Jasmine Rice ½ Cup | 1 Cup
- Scallions 2 | 4
- Bell Pepper 1 | 2
- Pineapple 4 oz | 8 oz
- Cauliflower Florets 10 oz | 20 oz
- Peanuts 1 oz | 2 oz
- Cornstarch 1 TBSP | 2 TBSP
- White Wine Vinegar 5 tsp | 10 tsp
- Soy Sauce 2 TBSP | 4 TBSP
- Veggie Stock Concentrate 1 | 2

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 COOK RICE

Wash and dry all produce. Peel **ginger**, then mince until you have 2 TBSP. Melt **1 TBSP butter** in a small pot over medium-high heat. Add half the minced ginger and cook until fragrant, 1-2 minutes. Add **¾ cups water, rice**, and a pinch of **salt**. Bring to a boil, then reduce heat to low, cover, and simmer until tender, about 15 minutes. Keep covered off heat until meal is ready.



4 ADD PINEAPPLE AND MIX SAUCE

Add **pineapple chunks** and **scallion whites** to pan with **bell pepper**. Cook until everything begins to brown, about 2 minutes more. Remove from pan and set aside. In the meantime, add **vinegar, soy sauce, stock concentrate, 1 tsp sugar, 2 TBSP water**, and remaining **ginger** and **cornstarch** to bowl with **pineapple juice**, stirring until well combined.

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2 PREP

Trim, then thinly slice **scallions**, separating greens and whites. Core and seed **bell pepper**, then cut into thin strips. Drain **pineapple**, reserving juice in a large bowl. Cut any large **cauliflower florets** into bite-size pieces. Roughly chop **peanuts**.



5 FINISH STIR-FRY

Heat **1 TBSP oil** in same large pan over medium-high heat. Add **cauliflower** and cook, tossing occasionally, until browned and nearly cooked through, 3-4 minutes. Drain oil, then pour **sauce** into pan and let simmer until it coats cauliflower in a thick glaze, 1-2 minutes. Remove from heat, then return **bell pepper mixture** to pan and toss to combine.



3 COAT CAULIFLOWER AND COOK PEPPER

Place **cauliflower** in another large bowl. Sprinkle with a drizzle of **olive oil**, followed by half the **cornstarch**. Season with **salt** and **pepper**. Toss to coat and set aside. Heat another drizzle of olive oil in a large pan over medium-high heat. Add **bell pepper** and cook, tossing, until tender, 5-6 minutes. Season with salt and pepper.



6 FINISH AND SERVE

Divide **rice** between plates, then top with **stir-fry**. Garnish with **scallion greens** and **peanuts**.

XO, LAUREN CONRAD

Keep an eye out for the next fun Capsule Menu recipe.