



OVEN-ROASTED MEDITERRANEAN CAULIFLOWER

with Bulgur, Tzatziki, and Chili Cumin Oil



HELLO CHILI CUMIN OIL

A DIY condiment made by frying spices— it'll bring the flavor and the heat!

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 463



Cauliflower Florets
Chili Flakes



Veggie Stock Concentrate
Cumin



Persian Cucumber
Dill



Bulgur (Contains: Wheat)
Lemon



Grape Tomatoes
Yogurt (Contains: Milk)



Pepitas

START STRONG

The spiced oil can burn easily, so watch the pan as you're making it. If you get the slightest feeling that something's charring, immediately remove the pan from the heat.

BUST OUT

- Baking sheet
- Small pot
- Small pan
- Zester
- Small bowl
- Olive oil (7 tsp | 14 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|---|---------------|
| • Cauliflower Florets | 10 oz 20 oz |
| • Veggie Stock Concentrate | 1 2 |
| • Bulgur | ½ Cup 1 Cup |
| • Chili Flakes  | 1 tsp 1 tsp |
| • Cumin | 1 tsp 2 tsp |
| • Persian Cucumber | 1 2 |
| • Dill | ¼ oz ¼ oz |
| • Lemon | 1 1 |
| • Grape Tomatoes | 4 oz 8 oz |
| • Yogurt | ½ Cup 1 Cup |
| • Pepitas | 1 oz 2 oz |

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1 PREHEAT OVEN AND ROAST CAULIFLOWER

Wash and dry all produce. Preheat oven to 400 degrees. Toss **cauliflower** on a baking sheet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven until tender and golden, 25-30 minutes.



4 PREP VEGGIES

Quarter **cucumber** lengthwise, then chop into ½-inch-thick pieces. Pick **dill** fronds from stems and roughly chop. Zest and halve **lemon**. Halve **tomatoes** lengthwise.



2 COOK BULGUR

Bring **1 cup water, stock concentrate**, and a pinch of **salt** to boil in a small pot. Stir in **bulgur** and cover. Lower heat and reduce to a simmer. Cook until tender, 12-15 minutes. Remove from heat and keep covered.



5 MAKE TZATZIKI SAUCE

Mix together **½ cup yogurt** (we sent more), **¼ cup diced cucumber**, half the **dill**, and a squeeze of **lemon** in a small bowl. Season with **salt** and **pepper**.



3 MAKE SPICED OIL

While **bulgur** and **cauliflower** cook, heat **2 TBSP olive oil** in a small pan over medium heat. Stir in **chili flakes** (to taste—start with a pinch and add more if you like it spicy), **cumin**, and a pinch of **salt** and **pepper**. Cook until fragrant, about 30 seconds. Remove from heat and set aside.



6 FINISH AND PLATE

Divide **bulgur** between plates. Top with **tomatoes**, remaining **cucumber**, and **cauliflower**. Dollop with **tzatziki sauce**. Garnish with **pepitas, lemon zest**, and remaining **dill**, then lightly drizzle with **spiced oil**.

FLOWER POWER!

Did you know that cauliflower has tons of potassium, magnesium, and vitamin C?