



GREEN CHEF

MOJITO CAULIFLOWER

cabbage & mango slaw, coconut basmati rice

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
660

MENU
VEGAN // GLUTEN-FREE

This island-inspired dinner is a nod to the breezy mint and lime flavors of the classic mojito. Here, cauliflower florets soak in our citrusy, ginger-infused mojito-style marinade before they're sautéed to a tender finish. They're piled over fragrant basmati rice strewn with shredded coconut—perfect for soaking up any extra sauce. A cabbage and mango slaw with mint and cilantro completes the 25-minute meal.

INGREDIENTS (9 ITEMS)

- ½ cup **Basmati rice**
- ½ oz **Shredded coconut** T
- 1 whole **Vegetable stock concentrate**
- 9¾ oz **Cauliflower**
- 3½ oz **Cabbage**
- 2¾ oz **Mangos**
- ⅛ oz **Mint**
- ¼ oz **Cilantro**
- 6¼ oz **Mojito-style marinade** S

WHAT YOU'LL NEED

- small pot with lid
- medium sauté pan
- mixing bowls
- measuring cup & spoons
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (coconut)
- S SOY

COOKING TIP 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

VALIDATED Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Bring **basmati rice**, **shredded coconut**, **vegetable stock concentrate**, 1¼ cups water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Cut **cauliflower** into bite-size pieces if necessary.
- Roughly chop **cabbage*** if necessary.
- Roughly chop **mangos** if necessary (reserve any juice in pouch).
- De-stem **mint** and **cilantro**; finely chop leaves together.

**The ingredient you received may be a different color.*

3 MARINATE CAULIFLOWER

- Place **cauliflower** in a medium bowl. Add most of the **mojito-style marinade** (reserve about 1 tablespoon for Step 4). Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat. Marinate at least 5 minutes, stirring occasionally.

4 MAKE SLAW

- Place **cabbage**, **mangos** (with any reserved juice), and about half of the **mint and cilantro** in a second medium bowl. Drizzle with reserved **mojito-style marinade** and about 1 tablespoon cooking oil. Toss to combine. Season with salt and pepper to taste.

5 COOK CAULIFLOWER

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Carefully add **cauliflower** (with any excess marinade) and about ¼ cup water to hot pan. Cook 12-15 minutes, or until fork-tender, stirring occasionally.
- Remove from heat. Add remaining **mint and cilantro**. Stir to combine.

6 PLATE YOUR DISH

- Divide **coconut basmati rice** between plates. Top with **mojito cauliflower** and any remaining **sauce** from pan. Serve **cabbage and mango slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (404g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 34g	44%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1180mg	51%
Total Carbohydrate 82g	30%
Dietary Fiber 6g	21%
Total Sugars 28g	
Includes 14g Added Sugars	28%
Protein 10g	
Vitamin D 1mcg	6%
Calcium 87mg	6%
Iron 2mg	10%
Potassium 801mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Cauliflower, Mint, Cilantro, Mojito-Style Marinade (Yellow Onion, Sunflower Oil [high oleic sunflower oil], Puréed Ginger [ginger], Garlic, Agave [organic agave syrup], Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Apple Cider Vinegar [apple cider vinegar], Apple Juice [organic pasteurized juice from fresh pressed organic, seasonal apples], Lime Juice [lime]), **Basmati Rice** [basmati rice], **Shredded Coconut** [coconuts], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Mangos** [mango], **Green Cabbage, Red Cabbage**

Allergen information:

Contains Tree Nuts And Soy

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.