



# MAPLE CAULIFLOWER POWER BOWLS

*Rainbow quinoa, kale, cranberries, pecans & green goddess*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 750	<b>MENU</b> VEGAN // GLUTEN-FREE
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Turmeric has the golden touch, imparting earthy nuance and a vibrant yellow hue to everything it seasons. For these hearty veggie bowls, it's dusted over cauliflower florets, which are simmered with maple syrup, tossed with pecans, and piled over savory, protein-packed rainbow quinoa. Sautéed kale with dried cranberries and cheesy nutritional yeast adds another earthy element to the meal.

INGREDIENTS (11 ITEMS)	
1 whole	<b>Vegetable stock concentrate</b>
½ cup	<b>Rainbow quinoa</b>
10 ½ oz	<b>Cauliflower</b>
½ oz	<b>Pecans</b> <span>T</span>
1 whole	<b>Shallot</b>
4 ¼ oz	<b>Green kale</b>
1 oz	<b>Dried cranberries</b>
½ tsp	<b>Turmeric</b>
1 oz	<b>Maple syrup</b>
1 tsp	<b>Nutritional yeast</b>
3 ½ oz	<b>Green goddess dressing</b> <span>S</span>

**WHAT YOU'LL NEED**

small pot with lid  
medium & large sauté pans  
measuring cup & spoons  
cooking & olive oils  
salt & pepper

**ALLERGENS**

T TREE NUTS (pecans)  
S SOY

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

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](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 COOK QUINOA

- Bring 1 cup water, **vegetable stock concentrate**, and about ¼ teaspoon salt to a boil in a small pot. Add **rainbow quinoa**. Stir. Return to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer 18-22 minutes, or until quinoa is tender and water is 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 **pecans** if necessary.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ½ inch thick.
- Remove and discard any thick center stems from **green kale**.<sup>\*</sup> Roughly chop leaves into bite-size pieces.
- Roughly chop **dried cranberries**.

<sup>\*</sup>Your kale may be a different color. Either way, this dish will still be delicious!

## 3 START CAULIFLOWER

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower** to hot pan. Season with **turmeric**, about ¼ teaspoon salt, and a pinch of pepper. Cook 5-8 minutes, or until cauliflower begins to soften, stirring occasionally.

## 4 FINISH CAULIFLOWER

- Add **maple syrup** and about 2 tablespoons water to pan with cauliflower. Cook 3-5 minutes, or until cauliflower is tender and evenly coated with maple syrup, stirring occasionally.
- Sprinkle with **pecans**. Cook about 1 minute, or until pecans are lightly toasted, stirring occasionally. Remove from heat.

## 5 SAUTÉ KALE

- Heat about 1 ½ tablespoons olive oil in a medium sauté pan over medium heat. Add **shallot** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until translucent, stirring occasionally.
- Add **kale**, **dried cranberries**, and about 1 tablespoon water. Cook 2-3 minutes, or until kale is wilted, stirring occasionally.
- Remove from heat. Sprinkle with **nutritional yeast**. Salt and pepper to taste. Stir to combine.

## 6 PLATE YOUR DISH

- Divide **rainbow quinoa** between bowls. Top with **sautéed kale with dried cranberries** and **maple-glazed cauliflower**. Drizzle with **green goddess dressing** to taste. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (380g)

**Amount per serving**

**Calories** 750

	% Daily Value*
<b>Total Fat</b> 43g	55%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 2010mg	87%
<b>Total Carbohydrate</b> 78g	28%
Dietary Fiber 12g	43%
Total Sugars 28g	
Includes 10g Added Sugars	20%
<b>Protein</b> 18g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 6mg	35%
Potassium 1265mg	25%

\* 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, Turmeric, Maple Syrup** [organic pure maple syrup], **Rainbow Quinoa** [white quinoa, red quinoa, black quinoa], **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Pecans** [pecans, canola oil], **Green Goddess Dressing** [Tahini Sauce [sesame seeds], Miso Paste [organic whole soybeans, organic handmade rice koji, sun-dried sea salt, Blue Ridge Mountain well water, koji spores], Lemon Juice [lemon], Sea Salt, Black Pepper, Basil, Parsley, White Vinegar [distilled vinegar], Granulated Garlic, Dried Dill, Sunflower Oil [high oleic sunflower oil], Water, Ascorbic Acid [ascorbic acid]], **Shallot, Green Kale, Nutritional Yeast** [inactive nutritional yeast [dried yeast, niacin (vitamin b3), pyridoxine, hydrochloride (vitamin b6), riboflavin (vitamin b2), thiamin hydrochloride, hydrochloride (vitamin b6), riboflavin (vitamin b2), thiamin hydrochloride], **Veggie Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor]

### Allergen information:

Contains Soy And Tree Nuts

*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.*

