



**GREEN  
CHEF**

## BAJA CAULIFLOWER BOWLS

*rice with corn & roasted peppers, chipotle aioli, cashews*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

800

### MENU

VEGAN // GLUTEN-FREE

Cauliflower gets a major spice upgrade tonight with these Baja-style bowls. The veg is roasted with our cumin, coriander, and oregano blend until caramelized and golden. It's served over a bed of rice tossed with sweet corn, roasted red peppers, and cilantro. Cashews add a crunch on top, and a drizzle of vegan chipotle-lime aioli gives the bowls a tangy-smoky kick.

### INGREDIENTS (9 ITEMS)

½ cup **Jasmine rice**  
1 whole **Vegetable stock concentrate**  
9¾ oz **Cauliflower**  
1 oz **Roasted cashews** <sup>T</sup>  
¼ oz **Garlic**  
¼ oz **Cilantro**  
1 tbsp **Cumin, coriander & oregano**  
2¾ oz **Corn**  
& 2¼ oz **& roasted red peppers**  
2¾ oz **Vegan chipotle-lime aioli**

### WHAT YOU'LL NEED

small pot with lid  
large sauté pan  
baking sheet  
mixing bowls  
measuring cup & spoons  
oven mitt  
cooking & olive oils  
salt & pepper

### ALLERGENS

<sup>T</sup> TREE NUTS (cashews)



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



## 1 COOK RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, **vegetable stock concentrate**, 1 cup 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 16–18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice in Step 6.)

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 **roasted cashews** if necessary.
- Mince **garlic**.
- De-stem **cilantro**; finely chop leaves.

## 3 SEASON &amp; ROAST CAULIFLOWER

- Place **cauliflower** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with most of the **cumin, coriander, and oregano** (reserve ¼ teaspoon for Step 4), about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–20 minutes, or until fork-tender, stirring halfway through.

## 4 SEASON CASHEWS

- Place **cashews** in a small bowl. Drizzle with about 1 tablespoon olive oil. Season with reserved **cumin, coriander, and oregano** and a pinch of salt. Toss to coat.

## 5 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **corn and roasted red peppers** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until corn is lightly browned, stirring occasionally.
- Add **garlic**. Cook 1–2 minutes, or until garlic is fragrant, stirring occasionally. Remove from heat.

## 6 FINISH RICE

- Transfer **rice** to pan with **veggies**. Sprinkle with about half the **cilantro**. Stir to combine. Season with salt and pepper to taste.\*

*\*Taste the rice after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

## 7 PLATE YOUR DISH

- Divide **rice with corn and roasted peppers** between bowls. Top with **roasted cauliflower**. Drizzle with **vegan chipotle-lime aioli**. Garnish with **seasoned cashews** and remaining **cilantro**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (360g)

**Amount per serving**

**Calories** 800

	% Daily Value*
<b>Total Fat</b> 56g	72%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1430mg	62%
<b>Total Carbohydrate</b> 68g	25%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 1g Added Sugars	2%
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 2mg	10%
Potassium 772mg	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**, **Jasmine Rice** [jasmine rice], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Cumin**, **Coriander & Oregano** (Ground Cumin, Ground Coriander, Dried Oregano), **Chipotle-Lime Aioli** (Vegan Mayonnaise [sunflower oil, organic aquafaba (water, chickpeas), fair trade organic cane sugar, sea salt, distilled vinegar, water, organic lemon juice, acacia gum, xanthan gum, black pepper], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sweet Paprika, Smoked Paprika, Ground Chipotle Pepper, White Pepper, Granulated Garlic, Lime Juice [lime], Sea Salt), **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Corn** [corn], **Roasted Red Peppers** [bell pepper], **Garlic**, **Cilantro**

### Allergen information:

Contains 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.*