



# PERUVIAN-SPICED CAULIFLOWER

*cilantro quinoa, guacamole slaw, creamy chimichurri, cotija*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
720

**MENU**  
GLUTEN-FREE

This vibrant vegetarian dish features some true South American all-stars. Peruvian-style spices (think cumin, turmeric, and smoky-sweet paprika) give an earthy kick to roasted cauliflower, which is piled atop fluffy, cilantro-strewn quinoa alongside a lime-and-guacamole-dressed cabbage, carrot, and tomato slaw. Creamy parsley and cilantro chimichurri—a classic Argentinian condiment—plus salty cotija crumbles add lively and delicious finishing touches.

## INGREDIENTS (11 ITEMS)

- 1 whole **Vegetable stock concentrate**
- ½ cup **White quinoa**
- 9¾ oz **Cauliflower**
- 1¼ tsp **Peruvian-style spices**
- 7 oz **Cabbage & carrots**
- 1 whole **Roma tomato**
- 1 whole **Lime**
- ¼ oz **Cilantro**
- 2 oz **Guacamole**
- 2¾ oz **Creamy parsley & cilantro chimichurri** E S
- ¾ oz **Cotija cheese** M

## WHAT YOU'LL NEED

- small pot with lid
- baking sheet
- medium bowl
- measuring cup & spoons
- microplane
- oven mitt
- cooking & olive oils
- salt & pepper

## ALLERGENS

- E EGGS
- S SOY
- M MILK



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 QUINOA

- Preheat oven to 425 degrees.
- Bring 1 cup water, **vegetable stock concentrate**, and about ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **white quinoa**. Return to a boil, then reduce heat to medium low. Cover pot with lid. Simmer 16-18 minutes, or until quinoa is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the quinoa in Step 5.)

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 SEASON & ROAST CAULIFLOWER

- Cut **cauliflower** into bite-size pieces if necessary.
- Place **cauliflower** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **Peruvian-style spices**, 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. (Reserve bowl.) Roast 18-20 minutes, or until fork-tender, stirring halfway through.

## 3 PREP

- Roughly chop **cabbage\*** and **carrots** if necessary.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Zest whole **lime** with a microplane (or on small holes of a box grater). Quarter **lime**.
- De-stem **cilantro**; roughly chop leaves.

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

## 4 MAKE SLAW

- Place **cabbage and carrots, tomato, lime zest**, and **guacamole** in bowl used for cauliflower. Squeeze juice from 1-2 **lime wedges** over bowl. Drizzle with about 1 tablespoon olive oil. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Toss to combine.

## 5 FINISH QUINOA

- Fluff **quinoa** with a fork. Add **cilantro** to pot. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

## 6 PLATE YOUR DISH

- Divide **cilantro quinoa** between plates. Top with **Peruvian-spiced cauliflower**. Pile **guacamole slaw** on the side. Drizzle with **creamy parsley and cilantro chimichurri** to taste. Sprinkle with **cotija cheese**. Serve with remaining **lime wedges**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (478g)

Amount per serving

**Calories** 720

	% Daily Value*
<b>Total Fat</b> 49g	63%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 2000mg	87%
<b>Total Carbohydrate</b> 59g	21%
Dietary Fiber 13g	46%
Total Sugars 11g	
Includes 1g Added Sugars	2%
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 167mg	15%
Iron 4mg	20%
Potassium 1293mg	30%

\* 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, Cilantro, Roma Tomatoes, Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **Green Cabbage, Carrots, Lime, Peruvian-Style Spices** (Ancho Chili Powder, Ground Cumin, Turmeric, Sweet Paprika, Granulated Garlic, Smoked Paprika, Dried Orange Peel), **White Quinoa** [white quinoa], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Guacamole** [hass avocados, distilled vinegar, contains 2% or less of water, jalapeño peppers, salt, dehydrated onion, granulated garlic.], **Creamy Chimichurri** (Yellow Onions, Parsley, Cilantro, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Sunflower Oil [high oleic sunflower oil], Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Lemon Juice [lemon])

### Allergen information:

Contains Egg, Soy And Milk

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.*