

#### GREEN CHEF

# **GINGER-TURMERIC CAULIFLOWER BOWLS**

couscous, sautéed kale with apricots, cashew "Parmesan"

COOK TIME 30 MIN servings 2

### CALORIES PER SERVING

menu VEGAN

Cashew "Parmesan" adds a boost of umami flavor to everything it touches. This vegan "cheese" is as versatile as it is delicious—here, adding a savory nuttiness to tender cauliflower florets and apricotstudded sautéed kale. The vibrant veggies are piled over tender pearl couscous, then finished with a drizzle of our turmericspiced ginger vinaigrette for a bright and earthy boost. If you like things spicy, shower your dish with red pepper flakes for a kick. (Alternatively, if you're not a fan, feel free to leave 'em off entirely!)

# COKING TON

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

## 730

INGREDIENTS (10 ITEMS)

1 whole	Vegetable stock concentrate
½ cup	Toasted pearl couscous w
9¾ oz	Cauliflower
1 whole	Yellow onion
3½ oz	Green kale
½ oz	Sunflower seeds
2½ tbsp	Cashew "Parmesan" T
1 oz	Dried apricots
2 oz	Turmeric-spiced ginger vinaigrette
½ tsp	Crushed red pepper flakes

#### WHAT YOU'LL NEED

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

#### ALLERGENS

- W WHEAT
- T TREE NUTS (cashews)

**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.

#### GINGER-TURMERIC CAULIFLOWER BOWLS

#### COOK COUSCOUS

- Bring 1¼ cups water, vegetable stock concentrate, and ¼ teaspoon salt to a boil in a small pot. Add toasted pearl couscous to boiling water. Stir, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Drizzle with about 1 tablespoon olive oil. Stir to coat.



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.

#### ) PREP

- Cut cauliflower into bite-size pieces if necessary.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and medium dice into pieces, about ½ inch each.
- Remove and discard any thick center stems from green kale\*. Roughly chop leaves into bite-size pieces.

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









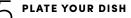


#### COOK CAULIFLOWER

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat.
  Add cauliflower to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper.
  Cook 5-8 minutes, or until cauliflower begins to soften, stirring occasionally.
- Add 2 tablespoons water. Cook 3-5 minutes, or until tender, stirring occasionally.
- Add **sunflower seeds** and about half the **cashew "Parmesan."** Cook about 1 minute, or until sunflower seeds are lightly toasted, stirring occasionally. Remove from heat.

## A SAUTÉ KALE

- Heat about 1½ tablespoons olive oil in a medium sauté pan over medium heat. Add onion to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until onion is translucent, stirring occasionally.
- Add kale, dried apricots, and about 1 tablespoon water. Cook 2-3 minutes, or until kale is wilted, stirring occasionally.
- Remove from heat. Season with remaining cashew "Parmesan." Stir to combine. Season with salt and pepper to taste.



 Divide couscous between bowls. Top with sautéed kale with apricots and "Parmesan" cauliflower. Drizzle with turmeric-spiced ginger vinaigrette. Garnish with crushed red pepper flakes to taste (or omit). Enjoy!

## **Nutrition Facts**

# 2 Servings per container **Serving size**

Amount per serving

# Calories

% Daily Value*
59%
35%
0%
53%
25%
36%
8%
0%
15%
20%
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, Green Kale, Dried Apricots [apricot, rice flour, sulfur dioxide (added for color retention)], Sunflower Seeds [sunflower kernels, sunflower oil], Toasted Pearl Couscous [pearled couscous (wheat flour)], Vegetable Stock Concentrate [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], Yellow Onion, Crushed Red Pepper Flakes, Ginger Turmeric Vinaigrette (Olive Oil [olive oil], Toasted Sesame Oil [toasted sesame oil], Puréed Ginger [ginger], Garlic, White Wine Vinegar [aged white wine vinegar], Lemon Juice [lemon], Agave [organic agave syrup], Turmeric, Sea Salt, Black Pepper), Cashew "Parmesan" (Cashews [cashew pieces], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Granulated Garlic, Sea Salt, Black Pepper)

#### Allergen information:

Contains Tree Nuts And Wheat

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.

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