



**GREEN  
CHEF**

## MAPLE CAULIFLOWER POWER BOWLS

*rainbow quinoa, kale, cranberries, pecans, miso-tahini sauce*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

740

### MENU

VEGAN // GLUTEN-FREE //  
MEDITERRANEAN

Turmeric has the golden touch, imparting earthy nuance and a vibrant yellow hue to everything it touches. For these hearty veggie bowls, it's dusted over cauliflower florets that are simmered with maple syrup, tossed with pecans, and piled over savory, protein-packed rainbow quinoa. Sautéed kale with dried cranberries and cheese-like nutritional yeast, plus a green goddess-style herb miso-tahini sauce, add more earthy elements to the meal.

### INGREDIENTS (11 ITEMS)

1 whole	<b>Vegetable stock concentrate</b>
½ cup	<b>Rainbow quinoa</b>
9¾ oz	<b>Cauliflower</b>
½ oz	<b>Pecans</b> <small>T</small>
1 whole	<b>Shallot</b>
4 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>
3½ oz	<b>Herb miso-tahini sauce</b> <small>S</small>

### 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 ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **rainbow quinoa**. 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 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 **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\***. Roughly chop leaves into bite-size pieces.
- Roughly chop **dried cranberries**.

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

## 3 START CAULIFLOWER

- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower** to hot pan. Season with **turmeric**, 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 more, or until pecans are lightly toasted, stirring occasionally. Remove from heat.

## 5 SAUTÉ KALE

- Heat 1½ tablespoons olive oil in a medium sauté pan over medium heat. Add **shallot** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until translucent, stirring occasionally.
- Add **kale**, **cranberries**, and about 1 tablespoon water. Cook 2–3 minutes, or until kale is wilted, stirring occasionally.
- Remove from heat. Sprinkle with **nutritional yeast**. Stir to combine. Season with salt and pepper to taste.

## 6 PLATE YOUR DISH

- Divide **rainbow quinoa** between bowls. Top with **sautéed kale** and **maple cauliflower**. Drizzle with **herb miso-tahini sauce** to taste. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (371g)

**Amount per serving**

**Calories** **740**

	% Daily Value*
<b>Total Fat</b> 43g	55%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1420mg	62%
<b>Total Carbohydrate</b> 76g	28%
Dietary Fiber 13g	46%
Total Sugars 28g	
Includes 9g Added Sugars	18%
<b>Protein</b> 18g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 6mg	35%
Potassium 1322mg	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, Turmeric, Maple Syrup** [organic pure maple syrup], **Rainbow Quinoa** [whole quinoa seed], **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Pecans** [pecans, canola and/or peanut and/or sunflower 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 [organic distilled vinegar, diluted with water to 5% acidity], Granulated Garlic, Dried Dill, Sunflower Oil [high oleic sunflower oil], Water, Ascorbic Acid [ascorbic acid]), **Shallot, Green Kale, Nutritional Yeast** [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], **Vegetable 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.*

