



**GREEN  
CHEF**

# BLACKENED CAULIFLOWER BOWLS

*dirty rice, charred corn salsa, paprika-Dijon aioli, pecans*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

670

## MENU

VEGAN // GLUTEN-FREE

Cauliflower gets a major spice upgrade tonight with these Creole-style bowls. The veg is roasted in our blackening spices (think peppercorns, earthy-sweet paprika, and flavorful herbs). Next, you'll make a salsa featuring charred corn, fresh tomato, scallion, and tangy lime juice. All of this goes over a bed of flavorful dirty rice. Pecans add a crunch on top, and a drizzle of vegan paprika-Dijon aioli gives a creamy finish to the bowls. (Psst—don't forget to douse the entire bowl in lime juice for a tangy punch.)



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.

## INGREDIENTS (12 ITEMS)

½ cup	<b>Jasmine rice</b>
1 whole	<b>Vegetable stock concentrate</b>
9¾ oz	<b>Cauliflower</b>
1 tsp	<b>Blackening spices</b>
1 whole	<b>Roma tomato</b>
1 whole	<b>Scallion</b>
1 whole	<b>Lime</b>
1¾ oz	<b>Celery</b>
1 whole	<b>Yellow onion</b>
½ oz	<b>Pecans</b> <small>T</small>
2¾ oz	<b>Corn</b>
2 oz	<b>Vegan paprika-Dijon aioli</b>

## WHAT YOU'LL NEED

small pot with lid  
medium & large sauté pans  
baking sheet  
mixing bowls  
measuring cup & spoons  
microplane  
oven mitt  
cooking oil  
½ tsp sweetener  
salt & pepper

## ALLERGENS

T TREE NUTS (pecans)

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 SEASON & ROAST CAULIFLOWER

- Cut **cauliflower** into bite-size pieces if necessary.
- Place **cauliflower** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **blackening 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. Roast 18–20 minutes, or until fork-tender, stirring halfway through.

## 3 PREP

- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Trim and thinly slice **scallion** at an angle.
- Zest **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Small dice **celery** into pieces, about ¼ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Roughly chop **pecans** if necessary.

## 4 CHAR CORN & MAKE SALSA

- Pat **corn** dry with paper towels.
- Heat a dry, medium sauté pan over medium-high heat. Add **corn** to hot pan. Season with salt and pepper. Cook 5–6 minutes, or until corn begins to char, stirring occasionally. Remove from heat.
- Place **charred corn**, about half the **tomato**, and about half the **scallion** in a medium bowl. Squeeze juice from two **lime wedges** over bowl. Season with ½ teaspoon of your preferred sweetener. Stir to combine. Season with salt and pepper to taste.

## 5 SAUTÉ VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **celery** and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until onion is lightly browned, stirring occasionally.
- Add remaining **tomato** and remaining **scallion**. Cook 2–3 minutes, or until celery is tender, stirring occasionally. Remove from heat.

## 6 MAKE DIRTY RICE

- Transfer **rice** to pan with **veggies**. Sprinkle with **lime zest**. Stir to combine. Season with salt and pepper to taste.\*

*\*Taste the dirty 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 **dirty rice** between bowls. Top with **blackened cauliflower**. Spoon **charred corn salsa** over top. Drizzle with **vegan paprika-Dijon aioli** to taste. Sprinkle with **pecans**. Serve with remaining **lime wedges**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (450g)

**Amount per serving**

**Calories** 670

	% Daily Value*
<b>Total Fat</b> 40g	51%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1350mg	59%
<b>Total Carbohydrate</b> 74g	27%
Dietary Fiber 8g	29%
Total Sugars 13g	
Includes 2g Added Sugars	4%
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 92mg	8%
Iron 2mg	10%
Potassium 880mg	20%

\* 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, Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Jasmine Rice** [jasmine rice], **Corn** [corn], **Scallions, Yellow Onion, Roma Tomatoes, Lime, Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Celery, Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Paprika-Dijon 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, Dried Thyme, Dried Basil, Dried Oregano, White Pepper, Granulated Garlic, Lemon Juice [lemon])

### 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.*

