



**GREEN
CHEF**

COCONUT CURRY-GLAZED CAULIFLOWER

jasmine rice, mango chutney, sautéed cabbage

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

740

MENU

VEGAN // GLUTEN-FREE

Tropical flavors are front and center in tonight's satisfying vegan dish. For the main event, roasted cauliflower florets are glazed in a rich coconut curry sauce (made with onions, ginger, yellow curry powder, tomato paste, and coconut milk). That's all served over a bed of jasmine rice, alongside a warm cabbage and cilantro sauté. A mango chutney seasoned with red pepper flakes adds a fruity kick.

INGREDIENTS (11 ITEMS)

9¾ oz **Cauliflower**
 ½ cup **Jasmine rice**
 1 whole **Vegetable stock concentrate**
 5¼ oz **Mangos**
 3½ oz **Cabbage**
 ¼ oz **Cilantro**
 ½ tsp **Crushed red pepper flakes**
 2 oz **Yellow onions**
 & ¼ oz **& ginger**
 1 tsp **Yellow curry powder**
 5 oz **Coconut milk** **T**
 1½ oz **Tomato paste**

WHAT YOU'LL NEED

small pot with lid
 medium & large sauté pans
 baking sheet
 small bowl
 measuring cup & spoons
 oven mitt
 cooking oil
 1 tsp sweetener
 salt & pepper

ALLERGENS

T TREE NUTS (coconut)



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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 SEASON & ROAST CAULIFLOWER

- Preheat oven to 425 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with salt and pepper. Stir to coat.
- Roast 18-20 minutes, or until fork-tender, stirring halfway through. (You'll finish the cauliflower in Step 7.)

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 COOK RICE

- 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.

3 PREP

- Roughly chop **mangos** if necessary (reserve any juice in pouch).
- Roughly chop **cabbage*** if necessary.
- De-stem **cilantro**; finely chop leaves.

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

4 MAKE CHUTNEY

- Place **mangos** (with reserved juice) and **crushed red pepper flakes*** in a small bowl. Season with about 1 teaspoon of your preferred sweetener and a pinch of salt. Stir to combine.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

5 MAKE CURRY GLAZE

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **yellow onions and ginger** to hot pan. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Cook 2-3 minutes, or until onions begin to soften, stirring occasionally.
- Add **yellow curry powder**. Cook 1 minute, or until onions and ginger are evenly coated, stirring frequently.
- Add **coconut milk** and ¼ cup water. Simmer 2-3 minutes, or until mixture has slightly reduced, stirring occasionally.
- Add **tomato paste**. Stir to incorporate. Simmer 1-2 minutes, or until mixture has slightly reduced, stirring occasionally.

6 SAUTÉ CABBAGE

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cabbage** and about half the **cilantro** to hot pan. Lightly season with salt and pepper. Cook 4-5 minutes, or until cabbage is tender, stirring occasionally.

7 FINISH CAULIFLOWER

- Transfer **cauliflower** to pan with **curry glaze**. Stir to coat. Season with salt and pepper to taste.

8 PLATE YOUR DISH

- Divide **rice** between bowls. Top with **sautéed cabbage**. Serve **coconut curry-glazed cauliflower** over top. Garnish with **mango chutney** and remaining **cilantro**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (484g)

Amount per serving

Calories 740

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 840mg	37%
Total Carbohydrate 77g	28%
Dietary Fiber 7g	25%
Total Sugars 24g	
Includes 4g Added Sugars	8%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 2mg	10%
Potassium 1227mg	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:

Jasmine Rice [jasmine rice], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Cauliflower**, **Coconut Milk** [coconut milk], **Yellow Curry Powder** [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove], **Tomato Paste** [tomato paste, citric acid], **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Cilantro**, **Red Cabbage**, **Mangos** [mango], **Crushed Red Pepper Flakes**

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.