



**GREEN
CHEF**

SWEET & SPICY ORANGE CAULIFLOWER BOWLS

scallion rice, bell pepper, carrots, cabbage, cashews

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

720

MENU

VEGAN // GLUTEN-FREE

This sweet and spicy cauliflower delivers a plant-based (and vegan!) twist on a North American Chinese classic: orange chicken. The roasted florets are coated in a glossy sauce that gets sweet heat from orange juice, apricot jam, and red pepper flakes. Sautéed red bell pepper, rainbow carrots, and cabbage add pops of color to the bowl. Served over scallion rice and finished with toasted sesame oil, scallion greens, and roasted cashews, this is an aromatic bowl that's full of pizzazz!



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)

9¾ oz	Cauliflower
1 whole	Scallion
1 unit	Red bell pepper
1 whole	Orange
½ cup	Jasmine rice
1¾ oz & 3½ oz	Rainbow carrots & cabbage
1 tbs	Cornstarch
1 oz	Gluten-free teriyaki sauce S
1¼ oz	Apricot jam
½ tsp	Crushed red pepper flakes
¾ oz	Toasted sesame oil
½ oz	Roasted cashews T

WHAT YOU'LL NEED

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

ALLERGENS

- S SOY
- T TREE NUTS (cashews)

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

PREP

- Preheat oven to 425 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Trim and thinly slice **scallion**, separating whites from greens.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Halve **orange**. Squeeze orange halves into a strainer over a medium bowl.

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

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

- Place **cauliflower** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with salt and pepper. Stir to coat. Spread out in a single layer.
- Roast 22-24 minutes, or until fork-tender, stirring halfway through. (You'll finish the cauliflower in Step 6.)

3

COOK RICE

- Heat about 1 teaspoon cooking oil in a small pot over medium-high heat. Add **scallion whites** to hot pot. Cook 2-3 minutes, or until softened, stirring occasionally.
- Add **jasmine rice**, 1 cup water, and about ¼ teaspoon salt. Stir to combine. Bring to a boil, 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.

4

SAUTÉ VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** to hot pan. Cook 2-3 minutes, until slightly tender, stirring occasionally.
- Add **rainbow carrots and cabbage*** to pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-5 minutes, or until veggies are tender, stirring occasionally.
- Add about 1 tablespoon water to pan. Cook 1-2 minutes, or until liquid has cooked off, stirring occasionally.

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

5

MAKE SAUCE

- Add **cornstarch** and 2 tablespoons cold water to bowl with **orange juice**. Whisk until smooth.
- Add **gluten-free teriyaki sauce**, **apricot jam**, and **crushed red pepper flakes***. Whisk to combine.
- Heat a medium sauté pan over medium heat. Carefully add **orange sauce** to hot pan. Season lightly with salt to taste. Cook 2-3 minutes, or until slightly thickened and warmed through, stirring occasionally. Remove from heat.

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

6

FINISH CAULIFLOWER

- Transfer **cauliflower** to pan with **orange sauce**. Stir to coat.

7

PLATE YOUR DISH

- Divide **scallion rice** between bowls. Top with **sautéed bell pepper, carrots, and cabbage** and **sweet and spicy orange cauliflower**. Drizzle with **toasted sesame oil** to taste. Garnish with **scallion greens** and **roasted cashews**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (508g)

Amount per serving

Calories 720

	% Daily Value*
Total Fat 36g	46%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 950mg	41%
Total Carbohydrate 93g	34%
Dietary Fiber 9g	32%
Total Sugars 33g	
Includes 13g Added Sugars	26%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 117mg	10%
Iron 2mg	10%
Potassium 1050mg	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, Orange, Gluten-Free Teriyaki Sauce [water, tamari (water, soybeans, salt, alcohol), cane sugar, apple cider vinegar, ginger, sesame oil, sea salt, tapioca starch, xanthan gum, lemon juice concentrate, garlic, onion, black pepper, red pepper, ginger, citric acid)], **Crushed Red Pepper Flakes, Apricot Jam** [sugar, raw apricots, water, dried apricots (with sulfur dioxide as a preservative and rice flour), citric acid, fruit pectin], **Jasmine Rice** [jasmine rice], **Scallions, Bell Peppers, Rainbow Carrots, Red Cabbage, Green Cabbage, Toasted Sesame Oil** [toasted sesame oil], **Cornstarch** [cornstarch], **Cashews** [cashews, canola and/or peanut and/or sunflower oil]

Allergen information:

Contains Tree Nuts And Soy

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.