



**GREEN
CHEF**

BAJA CAULIFLOWER BOWLS

rice with corn & roasted peppers, chipotle aioli, cashews

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

800

MENU

VEGAN // GLUTEN-FREE

Cauliflower gets a major spice upgrade tonight with these Baja-style bowls. The veg is roasted with our cumin, coriander, and oregano blend until caramelized and golden. It's served over a bed of rice tossed with sweet corn, roasted red peppers, and cilantro. Cashews add a crunch on top, and a drizzle of vegan chipotle-lime aioli gives the bowls a tangy-smoky kick.

INGREDIENTS (9 ITEMS)

½ cup **Jasmine rice**
1 whole **Vegetable stock concentrate**
9¾ oz **Cauliflower**
1 oz **Roasted cashews** T
¼ oz **Garlic**
¼ oz **Cilantro**
1¼ tbsp **Cumin, coriander & oregano**
2¾ oz **Corn**
& 2¼ oz **& roasted red peppers**
2¾ oz **Vegan chipotle-lime aioli**

WHAT YOU'LL NEED

small pot with lid
large sauté pan
baking sheet
mixing bowls
measuring cup & spoons
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

T TREE NUTS (cashews)



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://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 PREP

- Cut **cauliflower** into bite-size pieces if necessary.
- Roughly chop **roasted cashews** if necessary.
- Mince **garlic**.
- De-stem **cilantro**; finely chop leaves.

3 SEASON & ROAST CAULIFLOWER

- Place **cauliflower** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with most of the **cumin, coriander, and oregano** (reserve ¼ teaspoon for Step 4), 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.

4 SEASON CASHEWS

- Place **cashews** in a small bowl. Drizzle with about 1 tablespoon olive oil. Season with reserved **cumin, coriander, and oregano** and a pinch of salt. Toss to coat.

5 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **corn and roasted red peppers** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until corn is lightly browned, stirring occasionally.
- Add **garlic**. Cook 1–2 minutes, or until garlic is fragrant, stirring occasionally. Remove from heat.

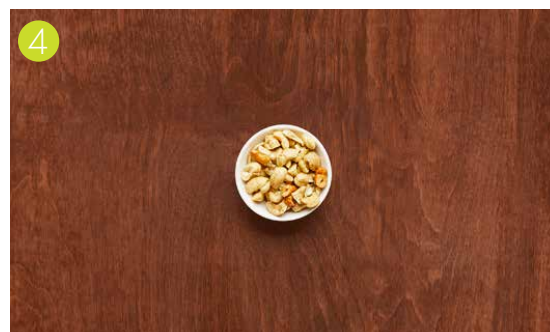
6 FINISH RICE

- Transfer **rice** to pan with **veggies**. Sprinkle with about half the **cilantro**. Stir to combine. Season with salt and pepper to taste.*

**Taste the 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 **rice with corn and roasted peppers** between bowls. Top with **roasted cauliflower**. Drizzle with **vegan chipotle-lime aioli**. Garnish with **seasoned cashews** and remaining **cilantro**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (361g)

Amount per serving

Calories 800

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1430mg	62%
Total Carbohydrate 68g	25%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 2mg	10%
Potassium 778mg	15%

* 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, **Jasmine Rice** [jasmine rice], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Cumin**, **Coriander & Oregano** (Ground Cumin, Ground Coriander, Dried Oregano), **Chipotle-Lime 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, Ground Chipotle Pepper, White Pepper, Granulated Garlic, Lime Juice [lime], Sea Salt), **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Corn** [corn], **Roasted Red Peppers** [bell pepper], **Garlic**, **Cilantro**

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.