

# Spiced Cauliflower

*with Jasmine Rice & Cilantro-Yogurt Sauce*

Tonight, we're serving up a delectable take on a classic Indian cauliflower dish with Chinese influences: gobi manchurian. A blend of warm spices, including cumin, coriander and turmeric, lends vibrant flavor to our pan-fried cauliflower, while a coating of rice flour gives it an irresistibly crispy surface. This dish comes together with a twist: after crisping the cauliflower, we're adding sweet chili sauce, creating another layer of bright flavor. Served with jasmine rice and a cooling yogurt sauce, it all makes for incredibly complex, satisfying vegetarian fare.

## Blue Apron Wine Pairings

Tanti Petali Pinot Bianco, 2015

Marius Roux Chenin Blanc, 2015



## Ingredients

½ Cup Jasmine Rice  
½ Cup Plain Greek Yogurt  
6 Ounces Green Beans  
2 Cloves Garlic  
1 Head Cauliflower  
1 Lime  
1 Bunch Cilantro

## Knick Knacks

3 Tablespoons Cashews  
1 1-Inch Piece Ginger  
⅓ Cup Rice Flour  
¼ Cup Sweet Chili Sauce  
1 Tablespoon Indian Cauliflower Spice Blend

(Smoked Paprika, Ground Cumin, Ground Coriander, Ancho Chile Powder, Ground Turmeric, Ground Cardamom, Cayenne Pepper & Ground Nutmeg)

**Makes:** 2 servings | **Calories:** about 720 per serving

**Prep Time:** 15 minutes | **Cook Time:** 25–35 minutes





1



## Prepare the ingredients & make the yogurt sauce:

Wash and dry the fresh produce. Cut out and discard the cauliflower core; cut the head into small florets. Snap off and discard the stem ends of the green beans; cut into 2-inch pieces. Peel and mince the garlic and ginger, keeping them separate. Quarter the lime. Pick the cilantro leaves off the stems; finely chop the stems and keep the leaves whole. In a bowl, combine the **yogurt, cilantro stems, half the garlic and the juice of 2 lime wedges**; season with salt and pepper to taste.

2



## Cook the rice:

In a small pot, combine the **rice, a big pinch of salt and 1 cup of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork.

3



## Start the cauliflower:

While the rice cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **cauliflower** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned. Add **¼ cup of water** and cook, stirring occasionally, 2 to 3 minutes, or until the cauliflower is slightly softened and the water has cooked off. Transfer to a large bowl. Wipe out the pan.

4



## Coat & crisp the cauliflower:

While the rice continues to cook, add the **flour and spice blend** to the bowl of **cooked cauliflower**; season with salt and pepper. Carefully toss to thoroughly coat. In the same pan, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a pinch of flour sizzles immediately when added to the pan, add the coated cauliflower (tapping off any excess flour) in a single, even layer. Cook, turning occasionally, 4 to 6 minutes, or until golden brown and crispy on all sides. Season with salt and pepper.

5



## Add the green beans & aromatics:

Add the **green beans** to the pan and season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until bright green and slightly softened. Add the **ginger, cashews and remaining garlic**. Cook, stirring occasionally, 1 to 2 minutes, or until lightly browned and fragrant.

6



## Finish & plate your dish:

Add the **sweet chili sauce** to the pan and cook, stirring occasionally, 2 to 3 minutes, or until the vegetables are thoroughly coated and heated through. Season with salt and pepper to taste. Divide the **cooked rice** and finished vegetables between 2 dishes. Garnish with the **cilantro leaves, remaining lime wedges** and some of the **yogurt sauce**. Serve with any **remaining yogurt sauce** on the side. Enjoy!