

Curried Cauliflower

with Brown Rice & Cilantro-Yogurt Sauce

VEGETARIAN

WW™ APPROVED

500 CALORIES OR LESS

🕒 30-40 MINS | 4 SERVINGS

You'll make the cooling sauce that tops sautéed poblanos and vadouvan-roasted cauliflower simply by combining creamy yogurt with our flavor-packed cilantro sauce. Along with a bed of hearty brown rice, it's perfect for adding cooling balance to this dynamic, Indian-inspired dish.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



TOP RATED
Recipes

WW | 11 11 11 SmartPoints® value per serving



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Ingredients



2 heads
CAULIFLOWER



2 cloves
GARLIC



1/4 cup
CILANTRO SAUCE



1/3 cup
CRISPY ONIONS



2 tps
VADOUVAN
CURRY POWDER



2
POBLANO
PEPPERS



1 1/8 cups
BROWN RICE



1/4 cup
SWEET CHILI
SAUCE



1/2 cup
PLAIN NONFAT
GREEK YOGURT



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.

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1 Prepare & roast the cauliflower:

- Preheat the oven to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with water; add a **big pinch of salt**. Cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut out and discard the cores of the **cauliflower**; cut into small florets.
- Transfer to a large bowl; drizzle with **olive oil** and season with salt, pepper, and the **curry powder**. Toss to coat. Reserving the bowl, evenly divide between two sheet pans; arrange in an even layer.
- Roast 22 to 24 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2

2 Prepare the remaining ingredients & make the sauce:

- Meanwhile, peel and roughly chop **2 cloves of garlic**.
- Cut out and discard the stems, ribs, and seeds of the **peppers**; medium dice. Thoroughly wash your hands immediately after handling.
- In a bowl, whisk together the **yogurt** and **cilantro sauce**; season with salt and pepper.



3

3 Cook the rice:

- Add the **rice** to the pot of boiling water. Cook, uncovered, 17 to 19 minutes, or until tender.
- Turn off the heat. Drain thoroughly.

4 Cook the peppers:

- Once the cauliflower has roasted about 20 minutes, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic**. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Transfer to the reserved bowl.



4

5 Finish the vegetables & serve your dish:

- Transfer the **roasted cauliflower** to the bowl of **cooked peppers**. Add the **sweet chili sauce**; toss to thoroughly coat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **finished vegetables, sauce, and crispy onions**. Enjoy!



5



NUTRITION PER SERVING (AS PREPARED)* Calories: 430, Total Carbohydrates: 70g, Dietary Fiber: 8g, Added Sugar: 7g, Total Fat: 10g, Saturated Fat: 2.5g, Protein: 12g, Sodium: 780mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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