

# Spiced Cauliflower & Pepper

with Jasmine Rice & Cilantro-Yogurt Sauce

**TIME:** 35-45 minutes

**SERVINGS:** 2

Tonight, we're cooking our cauliflower twice for a tender interior and crusty exterior: braising it, then dusting it with flour and a vibrant spice blend before returning it to the pan to crisp. For a seasonal addition, we're also stirring in mild cubanelle pepper. Just before serving, we're coating the vegetables in a tangy-sweet sauce and cooking them a bit more to meld the flavors. Served atop fluffy jasmine rice along with a cooling raita-style sauce, it all makes for a meal that's sure to stir the senses.



## MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



## Ingredients



1/2 cup  
JASMINE RICE



1/2 cup  
PLAIN GREEK  
YOGURT



2 cloves  
GARLIC



1  
CUBANELLE  
PEPPER



3 Tbsp  
ROASTED  
CASHEWS



1 1-inch piece  
GINGER



2 tsp  
CAULIFLOWER  
SPICE BLEND\*



3/4 lb  
CAULIFLOWER



1  
LIME



1 bunch  
CILANTRO



1/3 cup  
RICE FLOUR



1/4 cup  
SWEET CHILI  
SAUCE

## KNICK KNACKS:

\* Smoked Paprika, Ground Cumin, Ground Coriander, Ancho Chile Powder, Ground Turmeric, Ground Cardamom, Cayenne Pepper, & Ground Nutmeg



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## 1 Prepare the ingredients & make the cilantro-yogurt sauce:

- ☐ Wash and dry the fresh produce.
- ☐ Cut out and discard the cauliflower core; cut the head into small florets.
- ☐ Cut out and discard the stem, ribs, and seeds of the pepper; medium dice.
- ☐ Peel and finely chop the ginger.
- ☐ Roughly chop the cashews.
- ☐ Roughly chop the cilantro leaves and stems.
- ☐ Peel and finely chop the garlic.
- ☐ Quarter the lime.
- ☐ In a bowl, combine the **yogurt**, **half the cilantro**, **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.
- ☐ Turn off the 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**; 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, 5 to 6 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 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 coating) in a single layer. Cook, turning occasionally, 4 to 6 minutes, or until golden brown and crispy on all sides.

## 5 Add the pepper & aromatics:

- ☐ Add the **pepper** to the pan; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.
- ☐ Add the **ginger**, **cashews**, and **remaining garlic**; season with salt and pepper. 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 constantly, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat; season with salt and pepper to taste.
- ☐ Divide the **cooked rice** and finished vegetables between 2 dishes. Top with **the juice of the remaining lime wedges**. Garnish with the **remaining cilantro** and spoonfuls of the **cilantro-yogurt sauce**. Serve with any remaining yogurt sauce on the side. Enjoy!