

Spiced Cauliflower & Jasmine Rice

with Poblano Pepper & Cilantro-Yogurt Sauce

TIME: 35-45 minutes

SERVINGS: 2

In this recipe, cauliflower gets the star treatment: we're quickly braising it, then dusting it with flour and a vibrant spice blend before returning it to the pan, for crispy results. Coated in sweet chili sauce (along with poblano pepper) and served over rice, it all makes for irresistible vegetarian fare. (Chefs, your cauliflower may be white, orange, green, or purple!)



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Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



1/2 cup
JASMINE RICE



2 cloves
GARLIC



1
POBLANO PEPPER



1 head
CAULIFLOWER



1
LIME



1 bunch
CILANTRO

KNICK KNACKS:



3 Tbsps
ROASTED
CASHEWS



1/4 cup
SWEET CHILI
SAUCE



2 tps
CAULIFLOWER
SPICE BLEND*



1/3 cup
RICE FLOUR



1 1-inch piece
GINGER



1/2 cup
PLAIN GREEK
YOGURT

* 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 pieces.
- ☐ 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.
- ☐ Cut out and discard the stem, ribs, and seeds of the pepper; medium dice. Thoroughly wash your hands immediately after handling the pepper.



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**; 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 piece of cauliflower sizzles immediately when added to the pan, add the coated cauliflower in a single layer (tapping off any excess coating before adding). Cook, turning occasionally, 4 to 6 minutes, or until golden brown and crispy.

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 the vegetables & plate your dish:

- ☐ Add the **sweet chili sauce** to the pan; 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**. Serve with the **cilantro-yogurt sauce** on the side. Enjoy!