

Curried Cauliflower

with White Rice & Cilantro-Yogurt Sauce

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com




Ingredients*

Customized ingredients


ADDED:



18 oz Boneless Chicken Breast Pieces 

or



18 oz Tail-On Shrimp¹ 



1 cup Long Grain White Rice



2 heads Cauliflower



2 Poblano Peppers



2 cloves Garlic



½ cup Plain Nonfat Greek Yogurt



¼ cup Sweet Chili Sauce



¼ cup Cilantro Sauce



⅓ cup Crispy Onions



2 tsps Vadouvan Curry Powder



Serve with Blue Apron wine that has this symbol
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¹. peeled & deveined

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare & roast the cauliflower

- Preheat the oven to 450°F.
- 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 24 to 26 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



2 Cook the rice

- Meanwhile, carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



3 Prepare the remaining ingredients & make the sauce

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



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.



Step 4 continued:

- Add the **chopped garlic**. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Transfer to the reserved bowl.

➡ ADDITIONAL STEP

If you chose Chicken

- Wipe out the pan used to cook the peppers.
- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Turn off the heat.

If you chose Shrimp

- Wipe out the pan used to cook the peppers.
- Pat the **shrimp** dry with paper towels (remove the tails if desired). Season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Turn off the heat.

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**. Drizzle with the **sauce**. Garnish with the **crispy onions**. Enjoy!



➡ CUSTOMIZED STEP 5

If you chose Chicken

- Finish the vegetables and serve your dish as directed, topping with the **cooked chicken**.

If you chose Shrimp

- Finish the vegetables and serve your dish as directed, topping with the **cooked shrimp**.