



Cauliflower Curry Rice Bowl

WITH TOASTED COCONUT

Express



Prep & Cook Time

15 MIN

Cook Within

4 DAYS

You Will Need

Olive Oil, Salt
Microwave-Safe Bowl, Large
Non-Stick Pan

Ingredients

1 tsp. Curry Powder
8 oz. Cauliflower Florets
2 tsp. Mirepoix Broth Concentrate
2.88 oz. Minute Rice
4 Green Onions
4 fl. oz. Cream Sauce Base
2 Tbsp. Sweetened Flaked Coconut
4 oz. Fire Roasted Diced Tomatoes
Customize It Options
8 oz. Shrimp
10 oz. Diced Boneless Skinless
Chicken Breasts
10 oz. Diced Chicken Thighs

Difficulty Level

EASY

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/26274

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions**



1. Heat the Rice

- In a large microwave-safe bowl, combine **rice**, 1 cup **water**, and ¼ tsp. **salt**. Leave at least 3" of room on top to prevent overboil.
- Microwave uncovered, 4 minutes.
- Carefully remove rice from microwave and stir. Microwave again uncovered, 2 minutes.
- Carefully remove rice from microwave. Rest, 5 minutes.
- While rice heats, continue recipe.

Customize It Instructions

- Meatlovers! If using protein, cook in a medium non-stick pan over medium heat with 1 tsp. **olive oil**. If using **diced chicken breasts** or **diced chicken thighs**, pat dry. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. *Don't worry about trimming. Excess fat will render while cooking and add flavor.* If using **shrimp**, pat dry. Cook until shrimp reach minimum internal temperature, 2-3 minutes per side. Add to rice bowl as desired.



2. Prepare Ingredients and Toast Coconut

- Trim and slice white portions of **green onions** into ½" pieces. Thinly slice remaining green portions of green onions on an angle. Keep white and green portions separate.
- Line a plate with a paper towel.
- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **coconut** to hot pan and stir occasionally until toasted, 2-3 minutes.
- Remove from burner and transfer coconut to towel-lined plate.
- Reserve pan; no need to wipe clean.



3. Start the Curry

- Break **cauliflower** into bite-sized pieces using hands.
- Return pan used to toast coconut to medium heat and add 1 tsp. **olive oil**. Add **white portions of green onions** to hot pan. Stir occasionally until fragrant, 1-2 minutes.
- Add ¼ cup **water** and cauliflower and bring to a simmer.
- Once simmering, cover and stir occasionally until water is mostly evaporated and vegetables are tender, 3-5 minutes.
- Uncover and stir often until lightly browned, 2-4 minutes.



4. Finish Curry and Finish Dish

- Add **cream base**, **tomatoes**, **curry powder**, **mirepoix base**, and a pinch of **salt** to hot pan. Reduce heat to medium-low and stir occasionally until sauce thickens, 3-5 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **rice** with curry, toasted **coconut**, and **green portions of green onions**. Bon appétit!