



HOME CHEF

# General Tso's Cauliflower

With Jasmine Rice and Sugar Snap Peas



This vegetarian version of the iconic Chinese take-out dish swaps out the chicken with cauliflower for a veg-packed dinner that's so delicious you won't miss the meat. Whole dried chiles can be very hot, especially if the skins break and the seeds come out. You may omit them entirely, or use 1 chile for mild heat, 2 for medium heat, 3 for high heat, and 4 or more for Whoa Nellie!

## OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

## NUTRITION

Calories: 902  
Carbohydrates: 115g  
Fat: 39g  
Protein: 21g  
Sodium: 1511mg  
*per serving*

## DIETARY



DAIRY-FREE



NUT-FREE

## DRINK PAIRING

Beer and Chinese food are a match made in heaven. Try a rich tripel like Unibroue's Fin du Monde, which has a nice spicy fruitiness to match the sweet and sour tangy cauliflower. Take heed, though—it's a 9%-er.

## INGREDIENTS

¾ Cup Jasmine Rice  
12 oz. Cauliflower Florets  
3 Green Onions  
6 oz. Sugar Snap Peas  
8 oz. Canola Oil  
2 oz. Egg Whites  
1 Tbsp. Sherry  
1 Tbsp. Toasted Sesame Oil  
5 oz. Starport Brown Stir Fry Sauce  
2.8 oz. Tempura Mix  
6 Dried Arbol Chiles

## WHAT YOU NEED

Salt  
Pepper

## EQUIPMENT

Small Pot  
2 Medium Pans  
2 Mixing Bowls

## DID YOU KNOW?

General Tso was a war hero who served with brilliant distinction during China's greatest civil war, the Taiping Rebellion. He's said to be the inventor of this saucy & battered dish popular to American Chinese cuisine (originally with chicken). However, descendants of General Tso say otherwise. To this day, the history of this dish has yet to be determined.

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## Prepare Ingredients and Cook Rice

Thoroughly rinse produce and pat dry. Bring a small pot with **rice** and 1 ½ cups of **water** to a boil. Reduce to a simmer, cover, and cook for 20 minutes. Remove from heat and keep covered until serving. Cut any large **cauliflower florets** down to bite-size. Trim and thinly slice **green onions** at an angle (bias), keeping white and green portions separate. Remove “strings” from **snap peas**.



## Heat Oil and Prepare Batter

Heat **canola oil** in a medium pan over medium-high heat. In a mixing bowl, combine **egg whites**, half of the **sherry**, half of the **sesame oil**, and 1 Tbsp. **stir fry sauce**. Add **tempura mix** and ¼ cup of **water**, and whisk until smooth. *The batter should be just thick enough to coat the cauliflower in a thin veneer.*



## Batter and Fry Cauliflower

Once **oil** has reached 350 degrees, you can begin frying. Test the temperature of the oil by adding a few drops of **batter** to the oil. If it bubbles gently upon contact, it is hot enough. Working in batches, add pieces of **cauliflower** to batter. Lift from batter and allow excess to drip off, then add to oil. Do not crowd the pan. Turn the cauliflower pieces until browned evenly, about 5-6 minutes total. Remove finished pieces to a paper towel lined mixing bowl.



## Make General Tso's Sauce

In a medium pan over medium heat, add remaining **stir fry sauce**, **white portion of green onion**, **remaining sherry**, ½ cup of **water**, and **dried chilis** (to taste). *These chiles can be quite spicy and can be omitted if you prefer.* Simmer 2 minutes until **sauce** is slightly thickened. Discard paper towel and add **sauce** to bowl containing **fried cauliflower**. Toss to coat thoroughly. Wipe out pan and return to heat.



## Cook the Snap Peas

Add remaining **sesame oil** to pan over medium-high heat. Add **snap peas** and toss to coat with oil. Add 2 Tbsp. of **water** and continue cooking 2 more minutes until peas are bright green and slightly charred. Season with a pinch of **salt** and **pepper** and prepare to serve.



## Plate the Dish

Lay a bed of **jasmine rice** on the plate. Serve **General Tso's cauliflower** over top and **snap peas** alongside. Garnish with remaining **green onion**.