



**NUTRITION** per serving 44g carbohydrates 23g fat 11g protein 139mg sodium | low-calorie, vegetarian, gluten-free, dairy-free, nut-free



Calories  
388



Prep & Cook Time  
25-35 min.



Cook Within  
7 days



Difficulty  
Easy



Spice Level  
Medium

#### IN YOUR BOX

- 1 Red Bell Pepper
- 6 oz. Cremini Mushrooms
- 2 Garlic Cloves
- 1 Cauliflower Head
- 1 Resealable Gallon-Size Plastic Bag
- 4 oz. Matchstick Carrots
- 2 tsp. Hot Chili Oil
- 4 oz. Snow Peas
- 5.6 oz. Coconut Milk
- 2 tsp. Honey
- 1 Tbsp. Red Curry Paste

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Large Non-Stick Pan

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HOME CHEF

## Healthy Takeout Red Curry Stir-Fry

with red bell pepper, snow peas, mushrooms, and cauliflower rice

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- **Spice alert:** An easy way to control spice level is to use **olive oil** instead of **chili oil**. Then, you can garnish your finished dish with any desired amount of chili oil.
- **Spice alert:** **Red curry paste** also gives this dish heat. Omit entirely for mild, use ½ Tbsp. for medium, or go all in for a hot curry. Like with chili oil, you can use this paste as a condiment once the dish is finished, adding more as you eat.
- Cooking over high heat is traditional in Asian stir-fries. It is important to constantly stir ingredients to avoid burning.

## FROM THE CHEF

Make easy, efficient work of pounding out the cauliflower “rice” by working in batches.

### Did you know...

Red curry paste is a common additive in many Thai recipes, including coconut curries, meatballs, and fish cakes.



1

### Prepare the Ingredients

Stem, seed, and slice **red bell pepper** into thin ¼” strips. Halve strips. Quarter **mushrooms**. Mince **garlic**. Remove leaves from **cauliflower head**, core, and cut into large florets.



4

### Sauté the Vegetables

Return large non-stick pan from previous step to medium-high heat. Add **mushrooms** and cook 3 minutes until lightly browned. Add **carrots** and **red bell pepper** to pan and cook 5 minutes, while stirring, until slightly browned. Add **chili oil** (to taste), **garlic**, **snow peas**, **coconut milk**, **honey**, and **red curry paste** (to taste) to pan. Cook 5 minutes, while stirring, until sauce thickens slightly. Season with ½ tsp. **salt**.



2

### Make the Cauliflower “Rice”

Place **cauliflower** in provided **gallon-size resealable plastic bag** and pound (don’t be afraid to use force!) with a heavy pan or mallet until it resembles coarse grains a little larger than rice. Don’t worry if some stem pieces remain larger.



5

### Plate the Dish

Divide **fried “rice”** and **vegetables** between two plates or bowls and serve.



3

### Cook the Cauliflower

Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil**, **cauliflower**, and ½ tsp. **salt** to pan. Cook 2 minutes while stirring. Reduce heat to medium and cook an additional 2-4 minutes, or until cauliflower is tender but has a slight firmness to it. Remove cauliflower to a plate. Wipe pan clean.