



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.



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.



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**.



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.



Plate the Dish

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



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.