



# One-Pan 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

### Difficulty Level

INTERMEDIATE

### Spice Level

NOT SPICY

### Ingredients

- 2 Tbsp. Sweetened Flaked Coconut
- 2 tsp. Mirepoix Broth Concentrate
- 4 oz. Fire Roasted Diced Tomatoes
- 8 oz. Cauliflower Florets
- 4 fl. oz. Cream Sauce Base
- 8 oz. Cooked White Rice
- 1 tsp. Curry Powder
- 4 Green Onions
- **Customize It Options**
- 10 oz. Diced Chicken Thighs
- 8 oz. Shrimp
- 8 oz. Patagonian Petite Scallops

### Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/37079](http://www.homechef.com/37079)

\*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, sesame, 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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions**

## 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 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 **petite scallops**, pat dry. Let oil in pan heat, 3 minutes. After 3 minutes, cook undisturbed, 90 seconds. After 90 seconds, stir occasionally until scallops reach minimum internal temperature, 60-90 seconds. *Scallops will vary in amount as they are portioned by weight. Don't worry, the sweet flavor and tender texture will be the same.* If using **shrimp**, pat dry. Cook until pink and shrimp reach minimum internal temperature, 2-3 minutes per side. Add protein to meal as desired.



## 1. Heat the Rice

- Carefully massage **rice** in bag to break up any clumps. Remove rice from packaging. Place rice and  $\frac{1}{4}$  tsp. **salt** in a microwave-safe bowl. Microwave uncovered until heated through, 2-3 minutes.
- Carefully remove rice from microwave. Rest, 2 minutes.
- Fluff rice with a fork.
- While rice heats, continue recipe.



## 2. Prepare Green Onions and Toast Coconut

- Trim and slice white portions of **green onions** into  $\frac{1}{2}$ " 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  $\frac{1}{4}$  cup **water**,  $\frac{1}{4}$  tsp. **salt**, 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!