



## Vegetarian Korma

Prep Time: 20 min  
Cook Time : 40 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

462 calories  
22.36 total grams of fat  
996 mg of sodium



### INGREDIENTS: \*\* Items not included in kit

- 1 1/2 tablespoons vegetable oil\*\*
- 1 small onion, diced
- 1 teaspoon minced fresh ginger root
- 4 cloves garlic, minced
- 2 potatoes, cubed
- 4 carrots, cubed
- 1 fresh jalapeno pepper, seeded and sliced (**see handling warning below**)
- 3 tablespoons chopped unsalted cashews (**need to pan roast them before using**)
- 1 (4 ounce) can tomato sauce
- 1/2 teaspoon salt\*\*
- 1 1/2 tablespoons curry powder
- 1 cup frozen green peas
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1 cup light cream
- 1/2 bunch fresh cilantro for garnish, chopped
- Tandoor Baked Naan Bread

### DIRECTIONS:

1. **To pan roast the cashews:** Heat a frying pan on the stove top. When the pan is hot, add a single layer of **nuts**. Stir frequently with a spatula until the nuts turn golden brown and fragrant, about 3-5 minutes. Remove them from the heat and if necessary from the pan, as they will continue to cook after being removed from the heat. Once they cool off, chop the cashews.
2. Heat the **oil** in a skillet over medium heat. Stir in the **onion**, and cook until tender. Mix in **ginger** and **garlic**, and continue cooking 1 minute. Mix in **potatoes, carrots, jalapeno (use caution when handling hot peppers, you may want to use gloves to seed and dice the pepper and avoid touching your eyes afterwards), cashews, and tomato sauce**. Season with **salt** and **curry powder**. Cook and stir 10 minutes, or until **potatoes** are tender.
3. Stir in **peas, green bell pepper, red bell pepper, and cream** into the skillet. Reduce heat to low, cover, and simmer 10 minutes. Garnish with chopped **cilantro**.
4. To warm up the **naan bread**, preheat oven to 400 degrees, sprinkle lightly with water on each side (a spray bottle works best), and bake 2-3 minutes. Once it is warmed, brush lightly with butter.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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# Crispy Cauliflower with Rice and Creamy Cilantro Sauce

Prep Time: 20 min.

Cook Time : 40 min.

Serves: 4

## NUTRITION FACTS, PER SERVING:

750 calories

25 g total fat



## INGREDIENTS: \*\* Items not included in kit

- 1 1/2 cups jasmine rice
- 2 poblano peppers, diced (see handling instructions below)
- 2 garlic cloves
- 1 head of cauliflower or equivalent amount in florets
- 2/3 cup creamy cilantro sauce (see recipe below)
- 6 Tbsp roasted peanuts
- 1/4 cup cornstarch
- 2 Tbsp rice vinegar
- 6 Tbsp sweet chili sauce
- 4 tsp curry powder
- olive oil\*\*
- salt and pepper\*\*

### Cilantro Lime Sauce

- 1 (8 ounce) container sour cream or Greek yogurt
- 1 jalapeno pepper
- 1 lime
- 1 bunch cilantro
- 1/2 teaspoon kosher salt (to taste)\*\*

## DIRECTIONS:

1. Wash and dry the fresh produce. Peel and roughly chop **2 cloves of garlic**. Cut **cauliflower** florets into equal size florets. Roughly chop the **peanuts**. Cut out and discard the stem, ribs, and seeds of the **peppers**; medium dice. **Thoroughly wash your hands immediately after handling the peppers.**
2. In a medium pot, combine the **rice, chopped garlic, a pinch of salt, and 2 cups of water**; heat to boiling on high. Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork. Cover to keep warm.
3. While the rice cooks, in a large nonstick pan heat 2 teaspoons of **olive oil** on medium-high until hot. Make sure **cauliflower florets** are patted dry before adding to the hot skillet. Add the **cauliflower florets** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring occasionally, 1 to 2 minutes, or until slightly softened. Add **1/4 cup of water** (carefully, as the liquid may splatter). Loosely cover the pan with foil and cook, without stirring, 3 to 4 minutes, or until the cauliflower is softened and the water has cooked off. Turn off the heat and transfer to a large bowl. Wipe out the pan.
4. Add the **cornstarch** and **curry powder** to the bowl of **cooked cauliflower**. Stir to thoroughly coat. In the same pan you cooked the cauliflower, heat a thin layer of **oil** on medium-high. Once the oil is hot enough that a piece of cauliflower sizzles immediately when added, add the **coated cauliflower** in an even layer (tapping off any excess coating before adding). Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring occasionally, 2 minutes, or until golden brown and crispy.
5. To the pan, add **as much of the diced pepper as you like**, depending on how spicy you like the dish to be. Cook, stirring occasionally, 4 minutes, or until slightly softened. Add the **sweet chili sauce**. Cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat. Stir in the **vinegar**. Taste, then season with salt and pepper if desired. Serve the **cooked rice** topped with the **finished cauliflower** and **cilantro sauce**. Garnish with the **chopped peanuts**.
6. **Cilantro Lime Sauce:** Put container of **sour cream** and a good sized bunch of chopped **cilantro** into blender, add juice of **1 lime**. Blend until smooth. Cut the **jalapeno** in half and remove the seeds. Chop **jalapeno** and, add as little or as much as you want to blender (depending on how hot you like it).

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