



# DINNERLY



**LOW CALORIE**

**FAST**

## Sweet & Sticky Cauliflower with Scallion-Edamame Rice

 30-40min  4 Servings

This is basically General Tso-style cauliflower. But the big twist is there is absolutely no frying involved! The good-for-you cauliflower is quickly battered and then oven roasted on an oiled baking sheet for a magical technique that offers up fried-crispiness texture with less mess. What would General Tso-style sauce be without a bed of rice (spiked with protein-rich edamame) to soak it up? W...

## WHAT WE SEND

- cauliflower
- Thai sweet chili sauce
- scallions
- jasmine rice

## WHAT YOU NEED

- all-purpose flour <sup>1</sup>
- kosher salt & ground pepper

## TOOLS

- 2 rimmed baking sheets
- medium saucepan

## ALLERGENS

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 370.0kcal, Fat 12.0g, Proteins 8.0g, Carbs 58.0g



### 1. Prep cauliflower & batter

Preheat oven to 450°F with racks in the upper and bottom thirds. Trim ends from **scallions**, then thinly slice. Cut **cauliflower** into 1-inch florets. In a large bowl, make batter by combining  $\frac{1}{2}$  **cup flour**,  $\frac{1}{2}$  **cup water**, **1 teaspoon salt**, and **a few grinds pepper**; whisk to combine.



### 4. Roast cauliflower

Generously **oil** 2 rimmed baking sheets each with **2 tablespoons oil**. Add **cauliflower** to bowl with **batter** and toss to coat. Divide cauliflower between prepared baking sheets and spread into a single layer. Roast on upper and lower racks until browned and crispy, flipping cauliflower halfway through and rotating baking sheets, 20–25 minutes.



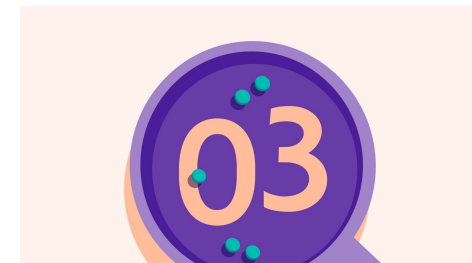
### 2. Toast rice

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **rice** and **half of the scallions** and cook, stirring, until rice is toasted, about 2 minutes.



### 5. Finish & serve

Meanwhile, in a large bowl, combine **all of the Thai sweet chili sauce and tamari**. Transfer **roasted cauliflower** to bowl with chili sauce mixture and toss to coat. Fluff **rice** with a fork. Serve **rice** topped with **cauliflower** and **remaining scallions**. Enjoy!



### 3. Cook rice & add edamame

To **rice**, add  $\frac{1}{2}$  **teaspoon salt** and **2 cups water** and bring to a boil. Reduce heat to low, cover, and cook until rice is almost tender, about 12 minutes. Place **edamame** on top, cover, and continue to cook until rice is tender and edamame is cooked, about 5 minutes. Keep covered until ready to serve.



### 6. Crunch, crunch!

Top off this sweet and tangy dish with toasted sesame seeds or chopped peanuts.