



Vegan Korean BBQ Cauliflower & Brown Rice

with Spinach & Scallions



30-40min



2 Servings

Whether you live that plant-based life or want to incorporate more veggie meals into your daily routine, we aim to make it easy. This Korean-style BBQ rice bowl is as satisfying as it is flavorful. The trick is roasting the cauliflower before coating it in a sweet and spicy gochujang sauce. We add baby spinach to the rice before serving for an extra hit of veggies and a sprinkle of sesame seeds on top for a nutty crunch.

What we send

- 1 head cauliflower
- 2 scallions
- garlic
- 3 oz baby spinach
- 5 oz quick-cooking brown rice
- 2 (½ oz) tamari soy sauce ⁶
- 1 oz maple syrup
- 1 oz gochujang ⁶
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- ½ c all-purpose flour ¹
- neutral oil
- sugar

Tools

- rimmed baking sheet
- microplane or grater
- medium saucepan
- small skillet

Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 27g, Carbs 111g, Protein 19g



1. Prep ingredients

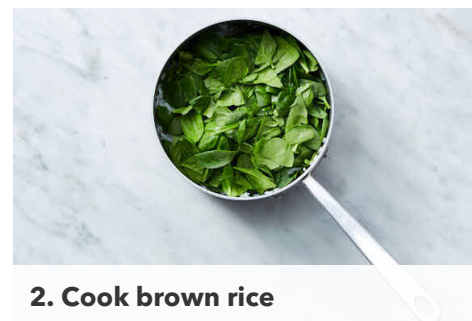
Preheat oven to 450°F with a rimmed baking sheet on upper oven rack. Bring a medium saucepan of **salted water** to a boil over high heat.

Cut **cauliflower** into 1-inch florets. Trim **scallions**, then thinly slice. Finely grate ½ **teaspoon garlic** into a large bowl. Coarsely chop **spinach**.



4. Bake cauliflower

Carefully drizzle preheated baking sheet with **3 tablespoons oil**. Spread **battered cauliflower** into a single layer on prepared baking sheet. Bake on upper oven rack until cauliflower is tender, browned on the bottom, and crisp, 20-25 minutes. Rinse and dry bowl.



2. Cook brown rice

To saucepan with boiling water, add **brown rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Remove from heat, fluff with a fork and pile **spinach** on top of rice then cover to keep warm until ready to serve (residual heat will wilt spinach).



5. Cook sauce

In small skillet, combine **tamari**, **maple syrup**, **half of the sliced scallions**, **1 tablespoon each of sugar and water**, and **2 teaspoons gochujang** (or more depending on heat preference). Bring to a boil over high heat. Cook until slightly thickened and fragrant, 1-2 minutes. Taste, then season with **salt**, if necessary. Transfer **sauce** to a bowl.



3. Prep batter

To bowl with **garlic**, add ½ **cup each of flour and water**; season with **salt** and **pepper**. Whisk into a smooth, thick paste, adding **2-3 teaspoons water** more, if necessary, until batter drops in thick ribbons from whisk (similar to pancake batter). Add **cauliflower** to bowl and toss to coat completely.



6. Finish & serve

Transfer **cauliflower** to bowl with **sauce**, tossing to coat. Stir **rice** with a fork, until **spinach** is wilted and mixed in, then spoon into bowls. Top **rice** with **cauliflower**, and garnish with **remaining sliced scallions** and **sesame seeds**. Enjoy!