

MARLEY SPOON



? Cauliflower in Adobo Sauce

with Brown Rice & Garlic-Sesame Green Beans



40-50min



2 Servings

Adobo sauce is sweet, tart, a little spicy, and utterly addictive. We make our adobo with fresh Fresno chiles and garlic that simmer in creamy coconut milk. The adobo coats roasted cauliflower wedges which develop a caramelized char in the oven. We serve garlicky green beans and nutty brown rice alongside—perfect for soaking up the thick rich sauce.

What we send

- 5 oz brown rice
- 1 head cauliflower
- ½ lb green beans
- 2 scallions
- 1 Fresno chile
- garlic
- ¾ oz coconut milk powder^{7,15}
- ¼ oz pkt toasted sesame seeds¹¹
- 2 oz tamari soy sauce⁶
- ¼ oz cornstarch
- 10 oz pkg sirloin steaks

What you need

- kosher salt & ground pepper
- olive oil
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- medium saucepan
- fine-mesh sieve
- rimmed baking sheet
- medium skillet

Allergens

Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 31g, Carbs 85g, Protein 18g



1. Prep oven & boil rice

Preheat oven to 450°F with a rack in the upper third. Fill a medium saucepan with **salted water** and bring to a boil over high heat. Add **rice** and boil (like pasta), stirring occasionally, until tender, 35-40 minutes. Drain rice in a fine-mesh sieve.



4. Roast green beans

When **cauliflower** has roasted 15 minutes, remove baking sheet from oven. Gently flip and push to one side of sheet. Add **green beans** to open side; carefully toss with **1 tablespoon oil** and season with **salt** and **pepper**. Continue roasting until veggies are tender and well browned in spots, 10-15 minutes. Immediately toss beans with **1 teaspoon garlic** and **sesame seeds**.



2. Prep & roast cauliflower

Trim stem ends from **cauliflower**, then cut through the root into 8 wedges (it's okay if some smaller pieces break off). Transfer to a rimmed baking sheet. Drizzle with **2 tablespoons oil** and gently rub all over to coat. Season with **salt** and **pepper**. Roast on upper oven rack until cauliflower is well browned on the bottom, 15 minutes.



5. Make adobo sauce

Heat **1 teaspoon oil** a medium skillet over medium. Add **remaining chopped garlic** and **Fresno chiles** (or less for less heat); cook, stirring, 1 minute. Add **coconut milk mixture, tamari, 2 tablespoons vinegar, 1 tablespoon sugar**, and **¾ teaspoon cornstarch**; bring to a simmer. Reduce heat and cook, stirring, until sauce has thickened to coat a spoon, 3-4 minutes.



3. Prep ingredients

Trim stem ends from **green beans**. Trim **scallions**, then thinly slice. Trim ends from **Fresno chile**, then thinly slice crosswise. Finely chop **2 teaspoons garlic**. In a small bowl or measuring cup, whisk to combine **coconut milk powder** and **½ cup warm tap water**.



6. Finish & serve

Serve **cauliflower** over **brown rice** with **adobo sauce** poured over top and **sesame green beans** alongside. Sprinkle with **scallions**. Enjoy!