

DINNERLY



Sweet & Sticky Cauliflower with Edamame Rice



30-40min



2 Servings

This recipe brings everything we love about General Tso-style cauliflower, but with absolutely no frying involved! Instead, the cauliflower is quickly battered and then oven roasted for a magical result that delivers crispy 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? We've got you covered!

WHAT WE SEND

- 2 scallions
- 1 head cauliflower
- 5 oz jasmine rice
- 2½ oz edamame ¹
- 2 (3 oz) Thai sweet chili sauce
- 2 (½ oz) tamari soy sauce ¹
- 5 oz all-purpose flour ²

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

- small saucepan
- rimmed baking sheet

ALLERGENS

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 890kcal, Fat 10g, Carbs 177g, Protein 23g

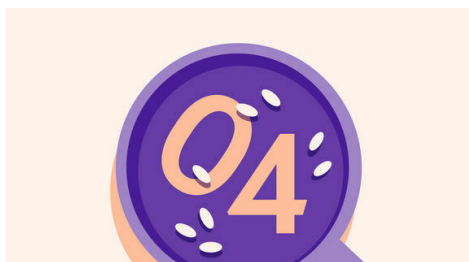


1. Prep ingredients & batter

Preheat oven to 450°F with a rack in the center.

Trim ends from **scallions**, then thinly slice. Cut **cauliflower** into 1-inch florets.

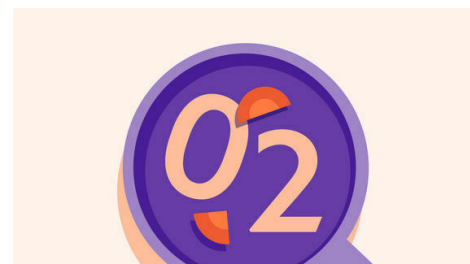
In a large bowl, make batter by whisking to combine ½ **cup each of flour and water**, ½ **teaspoon salt**, and **a few grinds of pepper**; set aside until step 4.



4. Roast cauliflower

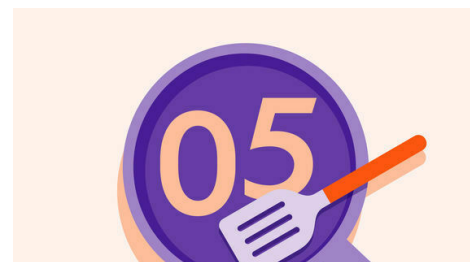
Generously grease a rimmed baking sheet with **2 tablespoons oil**.

To bowl with **batter**, add **cauliflower** and toss to coat. Transfer cauliflower to prepared baking sheet, spreading into a single layer. Roast on center oven rack until browned and crispy, flipping cauliflower halfway through cooking time, about 20 minutes.



2. Toast rice

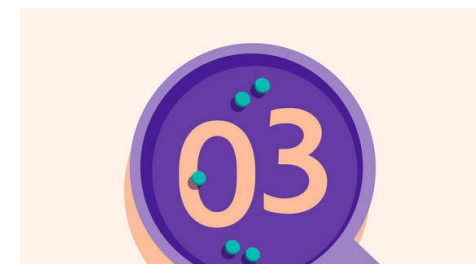
Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice** and **half of the sliced scallions**; cook, stirring frequently, until rice is toasted, about 2 minutes.



5. Finish & serve

While **cauliflower** roasts, in a large bowl, combine **all of the sweet chili sauce** and **2 tablespoons tamari**. Transfer **roasted cauliflower** to bowl with **sauce mixture** and toss to coat. Fluff **rice** with a fork.

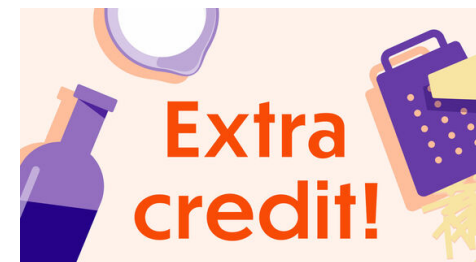
Serve **edamame rice** topped with **sweet and sticky cauliflower** and **remaining scallions**. Enjoy!



3. Cook rice & add edamame

To **toasted rice**, add ¼ **teaspoon salt** and **1¼ cups water**; bring to a boil over high. Reduce heat to low; cover and cook until 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 more. Keep covered off heat until ready to serve.



6. Crunch, crunch!

Top off this sweet and tangy dish with some toasted sesame seeds or chopped peanuts for added crunch.