



## Plant-Based: Korean BBQ Cauliflower

with Steamed Rice



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

- 1½ lbs cauliflower
- garlic
- scallions
- 3 oz baby spinach
- 5 oz jasmine rice
- 1 oz tamari <sup>6</sup>
- 1 oz maple syrup
- 1 oz mirin
- 1 oz gochujang <sup>1,6,12</sup>
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

## What you need

- kosher salt & ground pepper
- ½ c all-purpose flour <sup>1</sup>
- neutral oil
- sugar

## Tools

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

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

## Allergens

Wheat (1), Soy (6), Sesame (11), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 810kcal, Fat 25g, Carbs 125g, Proteins 18g



### 1. Prep ingredients

Preheat oven to 450°F with a rimmed baking sheet on upper oven rack. Cut **cauliflower** into 1-inch florets. Trim **scallions**, then thinly slice about ¼ cup. 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 rice

In a medium saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. 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**, **1½ tablespoons mirin**, **2 teaspoons gochujang** (or more depending on heat preference), and **1 tablespoon each of sugar and water**. 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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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