



## Sweet n' Sour Sesame Cauliflower with

### Cashew Rice

#### Ingredients\

1 ea	Cauliflower
4 oz	Flour Mixture
2 oz	Cashews
4 oz	Sweet n Sour Sauce
2 ea	Scallions
1 cup	Rice
2 oz	Sesame Seeds
1 oz	sesame oil

#### Kitchen Tools Needed

12" Sauté pan (nonstick if available)  
Rubber Spatula / Flat Spoon  
Slotted Spoon  
Large Pot for Frying  
Chef's Knife  
Cutting Board  
Medium Pot w/ith Lid for Cooking  
Rice  
Paper Towels

#### At Home Ingredients

1 ½ cup Canola/ Vegetable Oil  
To taste Kosher Salt (for chicken & pasta water)  
To taste Fresh Ground Black Pepper (for chicken & pasta water)

#### **Prepare to Cook**

When you receive your meal prep box, remove all items and organize on the work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for "things in place") organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

### **Step 1. Cooking Rice, Toasting Nuts and Cutting Scallions**

Preheat the oven to 400°F. Bring water in a medium pot to boil and add sesame oil. When oil is added add rice and stir for one minute, reduce heat to low and cover with lid. Cook Rice for 15 to 18 minutes. While the rice is cooking, add cashews to the pan and place in the oven when the temperature is at 400°F. toast cashews for 8 to 10 minutes or until nuts are fragrant. When ready remove cashew from the oven and set aside for plate up. When rice is done, remove off of heat with the lid still on and set aside for plate up. On a clean cutting board very thinly slice your scallions on a bias and place into a small bowl to reserve for plate up.

### **Step 2. Prepping and Cooking Cauliflower**

Add oil to a large pot and place on medium heat. Let oil reach a temperature of 325°F (you can test oil with a thermometer, or when it is slightly bubbling it is ready) while oil is heating up start prepping your cauliflower by removing leaves stem and cores cut into medium size florets. Add the cauliflower florets and flour mixture into a medium bowl and toss until each florets is coated evenly.

Deep fry the flour coated cauliflowers for a few minutes until golden brown, remove from oil and fry again for about 30 seconds, rest on a paper towel to drain oil and cool down.

### **Step 3. Coating Cauliflower and Plating**

Heat skillet over medium-low heat, pour in the sauce and bring to simmer. Add in the fried cauliflower and gently stir to coat the sauce evenly onto the cauliflower. when coated turn off heat and begin to plate.

Place cooked rice in the middle of plate top rice with crushed toasted cashews. Spoon Sweet n' Sour Cauliflower over rice. Garnish cauliflower with chopped scallions. Garnish all of the dishes with sesame seeds.