



Veggies Made Easy



Side Dishes

September 2019



Teriyaki CAULILINI[®] baby cauliflower with Sriracha Peanuts

Ingredients

- ¼ cup soy sauce, low sodium
- ¼ cup rice wine vinegar
- ⅛ cup Sambal chili paste
- ½ cup can pineapple juice
- ¼ cup honey
- 1 (10 ounce) Mann's CAULILINI[®] baby cauliflower
- ¼ cup chopped roasted peanuts
- ¼ tablespoon Sriracha sauce
- Sesame oil, for cooking

The Method

In a 2 quart sauce pan, bring the soy sauce, vinegar, Sambal, pineapple juice, and honey to a simmer and let reduce by two-thirds.

While sauce is reducing, blanch the CAULILINI[®] baby cauliflower by putting it into a large saucepan of boiling water for 2-3 minutes or until tender. Remove CAULILINI[®] baby cauliflower and plunge into a large bowl of ice water to stop the cooking process. Strain and pat dry with paper towels. Set aside.

Heat a small sauté pan over medium heat. Add in the peanuts and toast them, about a minute. Once the peanuts are toasted, add in the Sriracha sauce and stir until all of the peanuts are coated. Remove the peanuts from the skillet and set aside.

Heat a medium sauté pan over medium high heat, add some sesame oil. When the pan is hot, add in the CAULILINI[®] baby cauliflower. Let the CAULILINI[®] baby cauliflower sear to a golden brown, and then add some of the reduced sauce. Make sure to coat the CAULILINI[®] baby cauliflower well. Once coated, remove from pan and place on serving dish. Drizzle some of the remaining sauce over the CAULILINI[®] baby cauliflower, and then garnish with the Sriracha peanuts.

Servings: 5



Mann's Broccoli Cole Slaw® Harissa

Ingredients

- ½ cup mayonnaise
- 2 tablespoons unseasoned rice wine vinegar
- 1 tablespoon white wine vinegar
- 3 tablespoons harissa
- 1 tablespoon sugar
- 2 (12 ounce) bags Mann's Broccoli Cole Slaw®
- ½ small red onion, finely chopped
- ¾ cup low sodium garbanzo beans, drained and rinsed well (optional)
- ½ cup crumbled feta cheese (optional)
- ⅓ cup chopped cilantro leaves and stems
- ¼ cup chopped parsley
- Kosher salt, to taste.

The Method

To make dressing, whisk mayonnaise, vinegars, harissa, and sugar in a small bowl until smooth. Set aside.

In a large bowl, combine Mann's Broccoli Cole Slaw®, red onion, garbanzo beans, feta, cilantro and parsley. Add dressing and toss to coat. Season with kosher salt, to taste.

Serve with grilled chicken kebabs.

Servings: 8-10



Pasta “Mannavera”

Ingredients

- 12 ounces rotini or other corkscrew pasta
- 1 (8 ounce) bag Mann’s Stringless Sugar Snap Peas
- ¼ cup extra-virgin olive oil
- 4 large garlic cloves, thinly sliced
- ¼ teaspoon red pepper flakes
- 1 (10 ounce) bag Mann’s Veggie Power Blend
- 1 pint cherry tomatoes, halved
- Salt & pepper, to taste
- ½ cup roughly chopped fresh mint
- ½ cup grated parmesan cheese
- 4 ounces crumbled goat cheese

The Method

Bring a large pot of salted water to a boil. Add pasta and cook according to package directions adding Mann’s Stringless Sugar Snap Peas for the last minute of cooking.

Before draining, reserve ½ cup of the pasta water. Drain the pasta and vegetables. Set aside in pot.

In a large skillet over medium-high heat, add garlic and chili flake. Stir until fragrant, about 30 seconds. Add Mann’s Veggie Power Blend, sauté for 2 minutes. Add the tomatoes, cook for another 2 minutes. Add the reserved pasta water, then season with salt and pepper.

Pour the mixture over the pasta and snap peas. Add mint, parmesan and crumbled goat cheese. Toss to combine.

Season with additional salt, if necessary.

Servings: 4



California Broccoli Home Fries

Ingredients

- 2 medium red-skinned potatoes
- 1 (12 ounce) bag Mann's Broccoli Cole Slaw®
- 1 large yellow onion, chopped
- 1 large green bell pepper, cut into ½" strips
- vegetable oil, for cooking
- Salt and pepper, to taste

The Method

Scrub potatoes clean and cut into a ½" pieces.

In medium saucepan, cover potato pieces with cold salted water and bring to a boil over high heat. Cook until potatoes are tender when pierced with the tip of a sharp knife, 5-7 minutes. Drain.

In large bowl, toss together potatoes, Mann's Broccoli Cole Slaw®, onion and bell pepper. On oiled griddle or a large skillet, working in batches if necessary, spread a single layer of the potato and the Mann's Broccoli Cole Slaw® mixture on hot griddle, pressing down gently with the back of a spatula. Cook, turning once, until golden on both sides, about 2-3 minutes.

Season with salt and pepper, to taste.

Servings: 4



Nashville Hot CAULILINI® baby cauliflower with Shaved Goat Cheese

Ingredients

- ½ cup dry white wine
- ½ teaspoon roasted garlic
- ⅓ cup hot sauce
- ⅛ teaspoon ground chili pepper powder
- ⅛ teaspoon ancho chili powder
- ⅛ teaspoon cayenne pepper
- ⅛ teaspoon fresh thyme
- 1 (10 ounce) bag Mann's CAULILINI® baby cauliflower
- 2 tablespoons oil
- 1 tablespoon cold butter
- ¼ cup shaved firm goat cheese

The Method

In a 2 quart saucepan, add in the white wine, garlic, hot sauce, and seasonings (chili pepper powder, ancho chili powder, cayenne pepper & thyme). Bring to a simmer and reduce heat by half.

While sauce is reducing, in a large pot, bring 3-4 cups of water to a boil. Blanch the CAULILINI® baby cauliflower for about 3-4 minutes or until tender. Once tender, remove from boiling water, place in ice water to cool, remove from ice water and set aside.

In a medium sized pan, heat 2 tablespoons flavorless oil of your choice over medium-high heat. When the pan is hot, add in the CAULILINI® baby cauliflower. Let the CAULILINI® baby cauliflower sear to a golden brown, and then add some of the reduced sauce to coat the CAULILINI® baby cauliflower. Once coated, remove from heat and place on serving dish.

Return the pan with the remaining sauce and add the butter, simmer over low heat. Stir until butter is completely melted, then drizzle the sauce over the CAULILINI® baby cauliflower.

Garnish the top of the CAULILINI® baby cauliflower with the shaved goat cheese.

Servings: 4