Shawarma-Spiced Cauliflower Tacos

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Spiced, roasted cauliflower meets creamy red pepper sauce in these vibrant Middle Eastern–inspired tacos. Topped with a fresh mix of cucumbers, tomatoes, olives, and chickpeas, they're crunchy, tangy, and packed with bold shawarma flavor—all wrapped in warm tortillas for the perfect one-pan, super speedy dinner.

Getting Organized

EQUIPMENT
- Large Skillet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS
- Tortillas
- Cauliflower
- Simmer Sauce
- Red Pepper Sauce
- Veggies

Good to Know

If you ordered the **Carb Conscious version**, we sent you Romaine Lettuce instead of Tortillas, reducing the **carbs per serving to 35g**. Skip Step 1. Cut the romaine lettuce into 1" cubes and create the base of a salad. Top with veggies, cooked cauliflower, and finally the red pepper sauce.

Health snapshot per serving – 540 Calories, 29g Fat, 60g Carbs, 14g Protein, and 18 Freestyle Points.

Add Protein Instructions

Integrate into recipe: Prior to step 2, cook the protein according to the instructions below (slice the chicken and steak, flake the salmon, and leave the shrimp whole) and layer into the tacos after the red pepper sauce.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (high for steak). When the oil is hot, cook the protein until the:
CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.
STEAK bottoms are brown, and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done). Let rest for 5 minutes.
SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.
SHRIMP are opaque and no longer grey in color, about 1 minute per side.

INGREDIENTS: Cauliflower, Tortillas, Tomato, Cucumber, Roasted Red Pepper, Garbanzo Beans, Kalamata Olives, Mayonnaise, Lemon, Apple Cider Vinegar, Yogurt, Tahini, Cilantro, Vegetable Oil, White Wine Vinegar, Parsley, Garlic, Kosher Salt, White Pepper, Coriander, Sumac, Cumin, Turmeric, Cardamon, Black Pepper, Clove, Allspice.

meez meals

1. **Warm the Tortillas**
   Heat a large skillet over medium-high heat. Warm the ***Tortillas*** for about 30 seconds per side. Remove from the skillet and set aside.

2. **Cook the Cauliflower**
   Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the ***Cauliflower*** and cook, stirring occasionally, until brown and fork tender, about 10 minutes. Add the thinner yellow ***Simmer Sauce*** to the skillet and stir until it has completely coated the cauliflower. Cook for an additional 2 minutes. Remove from the heat.

3. **Put It All Together**
   Spread the ***Red Pepper Sauce*** on the bottom of each tortilla and top with the cooked cauliflower. Spread the ***Veggies*** evenly on top of the cauliflower in each taco. Enjoy!

Instructions for two servings.