



Product Spotlight: Turban Chopsticks

Turban Chopsticks' Nasi Goreng Paste is home made with love using local ingredients. This deliciously spiced paste boasts exotic flavours of lemongrass, turmeric and ginger.



4 Balinese Cauli Bowl with Lite Fried Tofu

All the flavours of Bali in a nourish bowl with spiced cauliflower rice, lite fried tofu and sautéed vegetables, finished with a squeeze of lime and sprinkle of crispy shallots.



35 minutes



2 servings



Plant-Based

17 August 2020

Spice it up!

If you're not worried about making your dinner look pretty - transform this dish into a delicious fried cauliflower rice! Chop all vegetables, slice the tofu and stir fry all together with the paste.

Per serve: **PROTEIN** 29g **TOTAL FAT** 33g **CARBOHYDRATES** 56g

FROM YOUR BOX

CAULIFLOWER	1/2
NASI GORENG PASTE	1/3 jar *
ZUCCHINI	1/2 *
ENOKI MUSHROOMS	1 packet
LITE FRIED TOFU	1 packet
CARROT	1
GARLIC	1 clove
SESAME SEED/FRIED SHALLOT MIX	1 packet (40g)
LIME	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan, food processor, frypan

NOTES

If you don't have a food processor you can cut the cauliflower into small florets, coat with nasi goreng paste and roast in the oven instead. Roast for 20 minutes in a 220°C oven.

Coconut, peanut or sesame oil works well with this dish.

If you're sensitive to spice, we recommend adding 1/2 the amount of nasi goreng paste first and then more at the end, to taste.



1. PREPARE CAULIFLOWER

Cut cauliflower into small florets and pulse in a food processor until resembling rice (see notes).



2. COOK THE CAULIFLOWER

Heat a frypan over medium-high heat with oil (see notes). Add cauliflower rice and nasi goreng paste. Cook for 5 minutes until softened. Season with **soy sauce** to taste. Take off heat and set aside.



3. PREPARE COMPONENTS

Slice zucchini into crescents. Trim and separate mushrooms. Slice tofu and julienne (or grate) carrot. Keep separate.



4. COOK THE TOFU

Heat a second frypan with oil over medium-high heat. Add tofu and **1 tsp soy sauce**. Cook for 3-4 minutes until warmed through. Remove from pan.



5. COOK THE VEGETABLES

Add zucchini and 1/2 crushed garlic clove to pan. Cook for 3-4 minutes until tender. Season with **soy sauce and pepper**. Remove from pan and repeat with mushrooms.



6. FINISH AND PLATE

Divide cauliflower rice among bowls. Top with even amounts of vegetables, tofu and carrot. Garnish with sesame seed mix. Serve with lime wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

