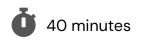






# **Chinese Cauliflower Stir Fry**

Roasted cauliflower tossed in a zingy ginger stir fry sauce with crisp veggies, served over fluffy sushi rice with crunchy peanuts and fresh chilli.







# Bulk it up!

Bulk up the stir fry by adding sliced mushrooms or snow peas. Serve with lime wedges, thinly sliced chives or fresh coriander leaves for bright, herbaceous finish.

TOTAL FAT CARBOHYDRATES 121g

#### FROM YOUR BOX

SUSHI RICE	150g
CAULIFLOWER	1/2
GINGER	1 piece
TOMATO SAUCE	1 jar
TERIYAKI MARINADE	125ml
GARLIC CLOVE	2
CELERY STALK	1
RED CAPSICUM	1
BROWN ONION	1
RED CHILLI	1
ROASTED SALTED PEANUTS	40g

#### FROM YOUR PANTRY

sesame oil, salt, pepper, cornflour

#### **KEY UTENSILS**

large frypan, saucepan, oven tray

#### **NOTES**

We use cracked pepper directly from a pepper grinder. Reduce the quantity if you use finely ground pepper, or use to taste for milder pepper flavour.





#### 1. COOK THE RICE

Set oven to 220°C.

Rinse **sushi rice**. Place in a saucepan with **350ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.



#### 2. BAKE THE CAULIFLOWER

Cut **cauliflower** into florets. Arrange on a lined oven tray and toss with **sesame oil** to coat. Season with **1/4 tsp cracked black pepper and salt.** Bake for 25–30 minutes until tender and charred.



#### 3. PREPARE THE SAUCE

Peel and grate ginger (see cover notes). Add to a bowl along with tomato sauce, teriyaki sauce, 1 tbsp sesame oil, 1/4 tsp cracked black pepper (see notes) and 1 tbsp cornflour. Whisk to combine.





## 4. PREP THE COMPONENTS

Slice garlic and celery. Dice capsicum and onion. Keep separate.

Slice **chilli** and roughly chop **peanuts** for garnish.



### 5. COOK THE STIR-FRY

Heat frypan over medium-high heat with sesame oil. Add onion and cook for 2 minutes. Add garlic, celery and capsicum, cook for 3-5 minutes until tender. Add prepared sauce and simmer for 2 minutes until thickened. Take off heat, add cauliflower and toss to coat.



#### 6. FINISH AND SERVE

Divide **rice** among bowls. Top with **cauliflower stir-fry** and **pan-sauces**. Garnish with **peanuts** and **chilli**.

How did the cooking go? Share your thoughts via My Recipes tab in your Profile and leave a review.

Something not right? Text us on 0448 042 515 or email hello@dinnertwist.com.au



