



### Product Spotlight: Ginger

You can use a teaspoon to easily peel ginger; this will help to get in between and over any bumps! Any Leftover ginger and peel can be frozen and used in tea, stock or poaching liquid for extra flavour.



## 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.



40 minutes



Plant-Based



4/6 servings

### 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.*

Per serve :	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	16g	10g	120g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
CAULIFLOWER	1	1 1/2
GINGER	1 piece	2 pieces
TOMATO SAUCE	2 jars	3 jars
TERIYAKI MARINADE	250ml	250 + 125ml
GARLIC CLOVES	3	4
CELERY STALKS	2	3
RED CAPSICUM	1	2
BROWN ONION	1	1
RED CHILLI	1	1
ROASTED SALTED PEANUTS	80g	80g + 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.



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## 1. COOK THE RICE

Set oven to 220°C.

Rinse **sushi rice**. Place in a saucepan with **650ml 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.

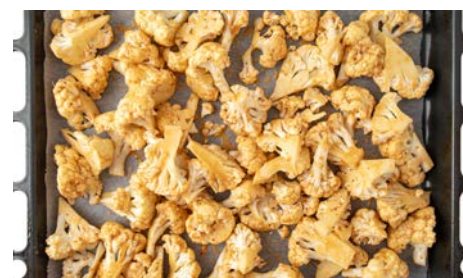
6P – add 900ml water.



## 4. PREP THE COMPONENTS

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

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



## 2. BAKE THE CAULIFLOWER

Cut **cauliflower** into florets. Arrange on a lined oven tray and toss with **sesame oil** to coat. Season with **1/2 tsp cracked black pepper and salt**. Bake for 25–30 minutes until tender and charred.

6P – toss cauliflower with sesame oil to coat and season with 3/4 tsp cracked black pepper and salt.



## 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.



## 3. PREPARE THE SAUCE

Peel and grate **ginger** (see cover notes). Add to a bowl along with **tomato sauce, teriyaki sauce, 2 tbsp sesame oil, 1/2 tsp cracked black pepper** (see notes) and **2 tbsp cornflour**. Whisk to combine.

6P – add 3 tbsp sesame oil, 3/4 tsp cracked black pepper and 3 tbsp cornflour.



## 6. FINISH AND SERVE

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

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