M

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Ginger

You can use a teaspoon to easily peel ginger. It gets 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.

Teriyaki 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 a bright, herbaceous finish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	15g	13g	108g

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 SAUCE	250ml	250ml + 125ml
GARLIC CLOVES	3	4
CELERY STICKS	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 975ml water.



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.



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 and 2 tbsp cornflour.** Whisk to combine.

6P - use 3 tbsp sesame oil, 3/4 tsp cracked black pepper and 2 1/2 tbsp cornflour.



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**.

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