



**Product Spotlight:  
The Ugly Mug**

The marinade sauce used in this dish is made locally by The Ugly Mug Broth Kitchen! It has delicate Japanese flavours of sweet mirin and soy, perfect for adding a boost of flavour to this dish.



# Sticky Roasted Cauliflower with Tofu

Roasted cauliflower and tofu in a delicious umami glaze served over sticky sushi rice topped with crunchy cucumber and bean shoots.



35 minutes



2 servings



Plant-Based

Switch out the rice!

*You can serve this dish over noodles instead if you prefer or add more vegetables to the tray and serve as is!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	g	g	g

## FROM YOUR BOX

RAMEN MARINADE	100ml
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
CAULIFLOWER	1/2
FIRM TOFU	1 packet
SUSHI RICE	150g
SPRING ONIONS	1 bunch
LEBANESE CUCUMBER	1
BEAN SHOOTS	1 bag
SESAME SEEDS	20g

## FROM YOUR PANTRY

sesame oil (or other), chilli flakes, soy sauce

## KEY UTENSILS

oven tray, saucepan

## NOTES

Add some natural cashews to roast on the tray for crunch!

Due to availability the chives in this meal have been replaced with spring onions. Use to taste.



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### 1. MAKE THE GLAZE

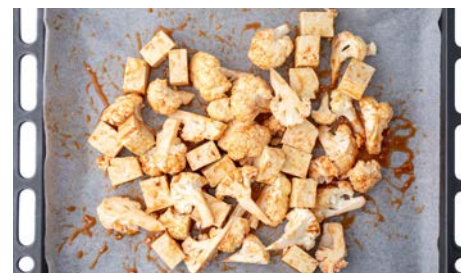
Set oven to 200°C.

Stir to combine **ramen marinade** with crushed **garlic**, **tomato paste**, **1/2 tsp chilli flakes**, **1 tbsp sesame oil** and **1 tbsp soy sauce**.



### 4. PREPARE THE GARNISH

Slice **spring onions** (see notes), dice or slice **cucumber**. Set aside (separately) with **bean shoots**.



### 2. ROAST CAULIFLOWER & TOFU

Cut **cauliflower** into small florets and **tofu** into 2cm cubes. Toss with **glaze**, reserving 1 tbsp, on a lined oven tray (see notes). Roast for 20 minutes or until golden and tender, see step 5.



### 5. TOSS THE CAULIFLOWER

Once cauliflower and tofu is ready, gently toss with **spring onions**, **sesame seeds** and reserved **glaze**.



### 3. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml 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.



### 6. FINISH AND SERVE

Serve **rice** into shallow bowls and top with **cauliflower** and **tofu**. Garnish with **cucumber** and **bean shoots**.

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