

**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, bean shoots and spring onions.



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** 30g **TOTAL FAT** 14g **CARBOHYDRATES** 83g

## 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!



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### 1. MAKE THE GLAZE

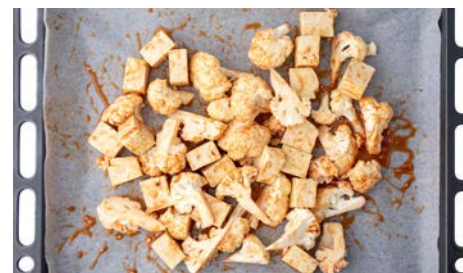
Set oven to 200°C.

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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