



**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 chives.



35 minutes



4 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
	29g	13g	53g

## FROM YOUR BOX

RAMEN MARINADE	100ml
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
CAULIFLOWER	1/2
FIRM TOFU	1 packet
SUSHI RICE	150g
CHIVES	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!



Scan the QR code to  
submit a Google review!



### 1. MAKE THE GLAZE

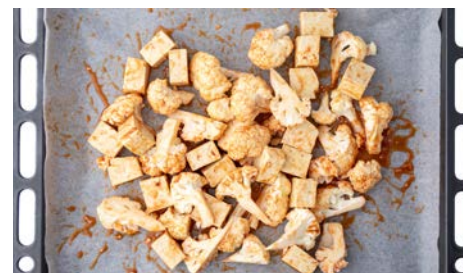
Set oven to 200°C.

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

Chop chives, 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 chives, 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.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

