

**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



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**
g g g

FROM YOUR BOX

RAMEN MARINADE	50+100ml
GARLIC CLOVES	2
TOMATO PASTE	1 sachet
CAULIFLOWER	1
FIRM TOFU	1 packet
SUSHI RICE	300g
SPRING ONIONS	1 bunch
LEBANESE CUCUMBERS	2
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** (150ml) with crushed **garlic**, **tomato paste**, **1/2 tsp chilli flakes**, **1 tbsp sesame oil** and **1 tbsp soy sauce**.



2. ROAST CAULIFLOWER & TOFU

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



3. COOK THE RICE

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.



4. PREPARE THE GARNISH

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



5. TOSS THE CAULIFLOWER

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



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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