



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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
4/6 Person:	21g/24g	10g	65g

FROM YOUR BOX

	4 PERSON	6 PERSON
RAMEN MARINADE	2 x 100ml	2 x 100ml
GARLIC CLOVES	2	3
TOMATO PASTE	1 sachet	2 sachets
CAULIFLOWER	1	1 1/2
FIRM TOFU	1 packet	2 packets
SUSHI RICE	300g	300g + 150g
SPRING ONIONS	1 bunch	1 bunch
LEBANESE CUCUMBERS	2	3
BEAN SHOOTS	1 bag	1 bag
SESAME SEEDS	20g	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**, dice or slice **cucumbers**. Set aside (separately) with **bean shoots**.



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.

6P – reserve 4 tbsp glaze.



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 **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 – cover rice with 975ml water.



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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