




### Product Spotlight: Cauliflower

Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



## 4 Cauliflower Fried Rice with Gourmet Mushrooms

A healthy twist on your traditional fried rice! Gourmet Asian mushrooms, crunchy water chestnuts and a punchy ginger sauce tossed through cauliflower rice – delicious and nutritious!

 35 minutes

 4 servings

 Plant-Based

16 November 2020

### Spice it up!

*For a more fragrant rice you can use red curry paste or sambal oelek! You can also crumble in some tempeh or add some cashews for extra protein.*

Per serve: **PROTEIN** 13g **TOTAL FAT** 13g **CARBOHYDRATES** 36g



## FROM YOUR BOX

CAULIFLOWER	1
CARROTS	2
SPRING ONIONS	1/3 bunch *
SNOW PEAS	1/2 bag (125g) *
GOURMET MUSHROOMS	2 punnets
WATER CHESTNUTS	1 tin
GINGER	1 piece
GARLIC	2 cloves
VEGGIE PATÉ	1/4 packet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

sesame oil, salt and pepper, hoisin sauce, apple cider vinegar

## KEY UTENSILS

large frypan, food processor

## NOTES

If you don't have a food processor you can finely chop the cauliflower or grate using a cheese grater. Alternatively you can cut the cauliflower into florets and stir fry it instead!



### 1. PREPARE CAULIFLOWER

Cut cauliflower into small florets and pulse in a food processor until it resembles rice. Alternatively finely chop or grate (see notes).



### 2. PREPARE THE VEGGIES

Dice carrots. Slice spring onions (reserve some tops for garnish), trim and slice snow peas. Trim and separate mushrooms. Drain water chestnuts.



### 3. PREPARE THE SAUCE

Peel and grate ginger to yield 1 tbsp. Crush 2 garlic cloves. Combine in a bowl with **3 tbsp hoisin sauce**, **1 tbsp sesame oil** and **1 tbsp vinegar**.



### 4. COOK THE VEGGIES

Heat frypan or wok over medium-high heat. Crumble in veggie paté and add prepared vegetables and **1 tbsp sesame oil**. Cook for 4-5 minutes.



### 5. ADD CAULIFLOWER

Stir sauce into vegetables until combined. Add cauliflower and cook, tossing, for 3-4 minutes until cauliflower is tender. Season to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Divide cauliflower fried rice among plates. Garnish with reserved sliced spring onion tops.

**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**

