




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**

