



**READY TO COOK**  
BY HARRIS FARM

# CAULIFLOWER CONGEE



PREP  
**15 min**



COOK  
**35 min**



SERVES  
**4**

## INGREDIENTS:

- > ½ Bunch Shallots
- > 2 Garlic Cloves
- > 10g Ginger
- > 1 Punnet Shitake Mushrooms
- > 1 Packet Marinated Spicy Tofu
- > 1 Punnet Shimeji Mushrooms
- > ½ Cauliflower
- > 500ml Vegetable Stock
- > 4 Eggs
- > ¼ Bunch Coriander
- > ½ Packet Bean Sprouts

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 2 Tbsp Corn Flour
- > ½ Tbsp Soy Sauce
- > 4 Tbsp Fried Shallots
- > 1 tsp Sesame Oil

# METHOD - GET COOKING!



**1** Finely chop the shallots, ginger and garlic. Slice the shitake mushrooms and marinated tofu into thin pieces. Use a food processor or knife to finely chop the cauliflower. Tear apart the shimeji mushrooms by hand. Set all aside separately.

**2** Bring a medium sized pot to high heat, drizzle with vegetable oil and sauté the garlic, ginger and shallots for 1-2 minutes until soft. Add the cauliflower, stock and 1 cup of water. Bring to the boil, then turn down heat to medium.

In a small bowl, mix the corn flour and 2 tbsp of hot water until smooth. Add to pot with the cauliflower and mix well. Cook for 10-15 minutes until thickened. Season with salt, pepper, sesame oil and soy sauce.

**3** Meanwhile, cook the eggs in a small pot with boiling water for 7 minutes. Remove from pot and refresh in a bowl of ice-cold water. Then peel the eggs and set aside.

**4** Quickly sauté the mushrooms in a small pan then add to the same pot.

Serve cauliflower congee in a bowl, topped with sliced marinated tofu and soft-boiled eggs, coriander and bean sprouts.

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
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