



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!



Beef Steaks with Cajun Cauliflower Rice

Cauliflower rice cooked with a rainbow of vegetables and house-blend cajun seasoning served with grass-fed beef steaks.



30 minutes



2 servings



Beef

20 January 2023

Switch it up!

Skip making the cauliflower rice. Roughly chop the cauliflower and remaining vegetables. Toss on a lined oven tray with seasoning and roast until tender. Serve with steak.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	10g	19g

FROM YOUR BOX

CAULIFLOWER	1/2
SPRING ONIONS	1 bunch
CELERY STICK	1
TOMATO	1
YELLOW/ORANGE PAPRIKA	1
CAJUN SPICE MIX	1 packet
BEEF STEAKS	300g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, 1 stock cube (of choice)

KEY UTENSILS

2 frypans, food processor

NOTES

If you don't have a food processor, you can grate your cauliflower or use a knife and finely chop it. Alternatively, cut it into florets and roast.

Cook the steaks on the BBQ if preferred.



1. PREPARE CAULIFLOWER RICE

Roughly chop cauliflower. Add to food processor (see notes) and process to a fine texture.



2. PREPARE THE VEGETABLES

Thinly slice spring onions (reserve some green tops for garnish) and celery stick. Wedge tomato and slice paprika.



3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Add spring onions and sauté for 2 minutes. Add cajun spice, tomato, celery and paprika. Sauté for a further 2 minutes.



4. SAUTÉ CAULIFLOWER RICE

Add cauliflower to frypan. Crumble in **1/2 stock cube** and pour in **1/4 cup water**. Sauté for 6–8 minutes to warm through. Season to taste with **salt and pepper**.



5. COOK THE STEAKS

Heat a second frypan (see notes) over medium-high heat. Coat steaks in **oil, 1 tsp thyme, salt and pepper**. Add steaks to pan and cook for 2–4 minutes until cooked to your liking.



6. FINISH AND SERVE

Divide cauliflower rice among plates along with steaks. Garnish with reserved spring onion green 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**

