

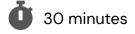




# **Beef Steaks**

# with Cajun Cauliflower Rice

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





2 servings



# 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.

TOTAL FAT CARBOHYDRATES

40g 10g 19g

#### **FROM YOUR BOX**

CAULIFLOWER	1/2
SPRING ONIONS	1 bunch
CELERY STICK	1
ТОМАТО	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.

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