



**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 Roast Cauliflower Salad

Cauliflower florets and purple carrot roasted in lemon zest and ground cumin, tossed with herbaceous parsley and a sumac dressing, served with beef steaks.



30 minutes



2 servings



Beef

17 February 2023

Bulk it up!

Add some cooked pearl cous cous, sorghum or legumes to the cauliflower salad to bulk it up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	21g	28g

FROM YOUR BOX

LEMON	1
CAULIFLOWER	1/2
PURPLE CARROT	1
BEEF STEAKS	300g
PARSLEY	1 packet
CELERY STICK	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, sumac, honey

KEY UTENSILS

frypan, oven tray

NOTES

If you don't have sumac you can use ground coriander or lemon pepper.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Zest lemon to yield 2 tsp. Cut cauliflower into florets and cut carrot into angular pieces. Coat vegetables in **oil**, lemon zest, **2 tsp cumin, salt and pepper**. Roast for 15–20 minutes until tender.



4. PREPARE THE SALAD

Finely chop parsley leaves (and tender stems). Slice celery stick. Add to dressing bowl along with roasted vegetables. Toss to combine.



2. MAKE THE DRESSING

Juice lemon. Add to a large bowl along with **1 1/2 tsp honey, 1 1/2 tsp sumac, 2 tbsp olive oil, salt and pepper** (see notes). Whisk to combine.



5. FINISH AND SERVE

Divide roast cauliflower salad among plates along with steak (slice if desired).



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks in **oil, salt and pepper**. Add steaks to pan and cook for 2–4 minutes each side until cooked to your liking. Set aside to rest.

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**

