



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



G2 Beef Steaks with Roasted Cauliflower and Caper Sauce

Grass-fed beef steaks served with cauliflower roasted in smoked paprika, fresh salad and a tangy caper sauce.



25 minutes



2 servings



Beef

4 November 2022

Whipped cauliflower!

To make whipped cauliflower, add cauliflower blossoms to a saucepan of water and boil for 10 minutes. Drain and return to pan. Blend to a smooth consistency. Stir in the cheese of your choice and season to taste.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	35g	10g

FROM YOUR BOX

RED ONION	1
CAULIFLOWER	1/2
CAPERS	1 jar
BEEF STEAKS	300g
TOMATO	1
MESCLUN LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, smoked paprika, 1 garlic clove

KEY UTENSILS

large frypan, oven tray

NOTES

Switch up the caper sauce for caper butter. Use softened butter instead of olive oil.

Store any leftover caper sauce in an airtight container in the fridge. You can toss it through pasta, mix it into mashed potato, or simply spread it on focaccia for a cheese board snack.

Dress the salad with a little olive oil and vinegar if desired.



1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Wedge red onion. Cut cauliflower into florets. Toss on a lined oven tray with **oil**, **2 tsp smoked paprika**, **salt and pepper**. Roast for 15–20 minutes until cauliflower is tender.



4. PREPARE THE SALAD

Dice tomato. Add to a bowl with mesclun leaves. Toss to combine (see notes).



2. MAKE THE CAPER SAUCE

Drain and rinse capers (see notes). Roughly chop and add to a bowl. Crush **garlic clove**. Add to capers along with **1/4 cup olive oil** and **pepper**. Mix to combine.



5. FINISH AND SERVE

Divide roasted vegetables among plates with tossed salad and steak. Drizzle caper sauce over steak.



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks with **oil, salt and pepper**. Add steaks to frypan and cook for 2–4 minutes each side or until cooked to your liking. Remove 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**

