




Product Spotlight: Thyme


To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



Garlic Beef Steaks with Whipped Cauliflower and Thyme Oil

Beef steaks cooked with crushed garlic, umami-packed sautéed mushrooms and whipped cauliflower (that even the fussiest eaters won't say no to!), served with a fresh thyme oil.

 30 minutes

 2 servings

 Beef

1 September 2023

Make a pan sauce!

*Instead of thyme oil, make a pan sauce!
Cook steaks and remove from pan. Reduce heat to low, add crushed garlic, thyme and 1 tbsp butter. Cook for 2 minutes and drizzle over steaks.*

Per serve: **PROTEIN** 42g **TOTAL FAT** 35g **CARBOHYDRATES** 18g

FROM YOUR BOX

CAULIFLOWER	1/2
GARLIC CLOVE	1
THYME	1 packet
BEEF STEAKS	300g
MUSHROOMS	150g
MESCLUN LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, butter, olive oil, salt, pepper, balsamic vinegar, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan, stick mixer (or food processor)

NOTES

Boil the kettle and use hot water in the saucepan to speed up this step.

Steam the cauliflower if you prefer!

Add cheese to your whipped cauliflower for extra flavour! Parmesan would work well with this dish.



1. COOK THE CAULIFLOWER

Roughly chop cauliflower (including stems). Add to a saucepan and cover with water (see notes). Bring to a boil for 10 minutes until cauliflower is soft. Drain cauliflower and return to saucepan.



2. MAKE THE THYME OIL

Crush garlic. Add 1/2 to a bowl (reserve remaining for step 3). Pick 1/2 packet thyme leaves. Whisk in a bowl with **3 tbsp olive oil, 3 tsp vinegar, salt and pepper**.



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks in remaining crushed garlic, **oil, salt and pepper**. Add to pan and cook for 2-4 minutes each side or until cooked to your liking. Remove to a plate to rest, keep pan over heat.



4. SAUTÉ THE MUSHROOMS

Halve or quarter mushrooms. Add to pan as you go with **2 tsp soy sauce** (add more **oil** to pan if needed). Cook for 5-7 minutes, stirring occasionally, until browned. Season with **pepper** to taste.



5. WHIP THE CAULIFLOWER

Use a stick mixer (or food processor) to blend cauliflower and **1 tbsp butter** until smooth (see notes). Stir in 1-2 tbsp picked thyme leaves. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Spoon whipped cauliflower onto plates. Top with steaks and mushrooms. Spoon over thyme oil (to taste) and serve with fresh mesclun leaves.



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