



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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.



G2

## 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

17 June 2022

## Make a pan sauce!

*Instead of thyme oil, make a pan sauce! Coat steaks in oil, salt and pepper and cook. Remove steaks 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** 62g **TOTAL FAT** 39g **CARBOHYDRATES** 22g

## FROM YOUR BOX

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

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, soy sauce

## KEY UTENSILS

frypan, saucepan, stick mixer (or food processor)

## NOTES

Use cauliflower to taste if preferred.

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

Steam the cauliflower if you prefer!



### 1. COOK THE CAULIFLOWER

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



### 2. MAKE THE THYME OIL

Pick thyme leaves from 1/2 packet. Whisk together in a bowl along with 1/2 crushed garlic clove (reserve remaining for step 3), **2 tbsp olive oil**, **2 tsp vinegar**, **salt and pepper**.



### 3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks in reserved 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 along 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 until smooth. Stir in 100g parmesan cheese (reserve remaining) and 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. Garnish with remaining parmesan cheese.

**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](mailto:hello@dinnertwist.com.au)

