



### 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 Cajun Cauliflower Rice

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



30 minutes



4 servings



Beef

20 January 2023

## 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.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	38g	10g	14g

## FROM YOUR BOX

CAULIFLOWER	1
SPRING ONIONS	1 bunch
CELERY STICKS	2
TOMATOES	2
YELLOW/ORANGE PAPRIKA	1
CAJUN SPICE MIX	1 packet
BEEF STEAKS	600g

## 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 sticks. Wedge tomatoes 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, tomatoes, celery and paprika. Sauté for a further 2 minutes.



### 4. SAUTÉ CAULIFLOWER RICE

Add cauliflower to frypan. Crumble in **stock cube** and pour in **1/3 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, 2 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.

**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**

