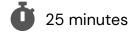


# Beef Steaks with Roasted Cauliflower

# and Caper Sauce

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





4 servings

Beef

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

12g

4 November 2022 37g 21g

#### **FROM YOUR BOX**

CAULIFLOWER	1
RED ONION	1
CAPERS	1 jar
BEEF STEAKS	600g
ТОМАТО	1
MESCLUN LEAVES	1 bag (120g)

#### 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.

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



#### 1. ROAST THE CAULIFLOWER

Set oven to 220°C.

Cut cauliflower into florets. Wedge red onion. Toss on a lined oven tray with oil, 3 tsp smoked paprika, salt and pepper. Roast for 15-20 minutes until cauliflower is tender.



#### 2. MAKE THE CAPER SAUCE

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



#### 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.



## 4. PREPARE THE SALAD

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



### 5. FINISH AND SERVE

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



