



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.



Beef Steaks with Caper Sauce

Tender beef steaks served with sweet honey-roasted beetroot, cauliflower and sweet onion, tossed through fresh mesclun leaves and finished with a bright, tangy caper sauce.



40 minutes



Beef



2 servings

Spice it up!

Add a pinch of cumin seeds or a splash of balsamic to the veggies before roasting for a new twist. Or stir some Dijon mustard into the caper sauce for extra zing.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	23g	13g

FROM YOUR BOX

SHALLOT	1
BEETROOT	1
CAULIFLOWER	1
CAPERS	1 jar
GARLIC CLOVE	1
BEEF STEAKS	300g
HONEY	1 shot
MESCLUN LEAVES	1 bag

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, smoked paprika, ground coriander, red wine vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

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

Add toasted pine nuts or almonds for extra crunch and nuttiness.



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1. ROAST THE VEGGIES

Set oven to 220°C. Wedge **shallot and beetroot**, cut **cauliflower** into florets. Toss on a lined oven tray with **oil, 2 tsp smoked paprika, 1 tsp coriander salt and pepper**. Roast for 25–30 minutes until vegetables are tender.



4. TOSS THE SALAD

Squeeze **honey** over **roasted veggies**. Add to a large bowl along with **mesclun leaves** and **2 tsp vinegar**. Toss to combine (see notes) and season to taste with **salt and pepper**.



2. MAKE THE CAPER SAUCE

Meanwhile, drain and rinse **capers** (see notes). Roughly chop and add to a bowl along with crushed **garlic, 1/4 cup olive oil** and **pepper**. Mix to combine.



5. FINISH AND SERVE

Slice **steak** (optional).

Divide **roast vegetable salad** among plates. Add **steak** and spoon on **caper sauce**.



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**

