



**Product Spotlight:
Cabbage**

Cabbage belongs to the cruciferous vegetable family, related to kale, broccoli and Brussel sprouts. Cabbage provides a good source of antioxidants!



Beef Steaks

with Charred Harissa Cabbage

Seasoned beef steaks, barbecued and served with charred harissa cabbage, fresh coriander salsa and a vibrant garlic yoghurt.

Spice it up!

Substitute sumac with dried coriander, lemon pepper, dried oregano, ground cumin or lemon zest.



20 minutes



2 servings



Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	30g	33g

FROM YOUR BOX

HARISSA PASTE	1 sachet
GREEN CABBAGE	1/2
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub
BEEF STEAKS	300g
TOMATO	1
SHALLOT	1
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, sumac, vinegar (of choice)

KEY UTENSILS

BBQ (or griddle pan)

NOTES

Add enough olive oil to loosen harissa paste so that it can be spread over the cabbage wedges.

Use cabbage to taste. Any leftover cabbage can be used in coleslaws, added to fried rice or pickled!



1. PREPARE THE CABBAGE

Mix **harissa paste** (see notes) with **2 tbsp olive oil**. Wedge **cabbage** and coat with prepared harissa paste.



2. BBQ THE CABBAGE

Heat a BBQ over medium-high heat. Add cabbage wedges and cook for 4-5 minutes each side until charred.



3. MAKE THE GARLIC YOGHURT

Crush **garlic clove**. Add to a bowl along with **yoghurt, salt and pepper**. Stir to combine. Set aside in fridge if it's a particularly warm day.



4. BBQ THE STEAKS

Coat **steaks** in **oil, 1 tsp sumac, salt and pepper**. Add to BBQ and cook for 2-4 minutes each side until cooked to your liking. Set aside to rest.



5. MAKE THE SALSA

Dice **tomato** and **shallot**. Roughly chop **coriander** (including stems). Add to a bowl along with **1 1/2 tsp vinegar, salt and pepper**. Stir to combine.



6. FINISH AND SERVE

Serve steaks, salsa and cabbage tableside. Drizzle 1/2 garlic yoghurt over cabbage and serve remaining on the side.



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