

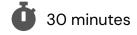


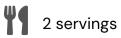


Beef Steaks

with Lemon Roasted Cauliflower Salad

Deliciously low carb; cauliflower, beetroot and shallot roasted in lemon zest tossed with fresh parsley and a bright Middle Eastern-inspired dressing, served with seared beef steaks.







Bulk it up!

Add some cooked pearl cous cous, sorghum or legumes to the cauliflower salad to bulk it up.

FROM YOUR BOX

LEMON	1
CAULIFLOWER	1/2
BEETROOT	1
SHALLOT	1
BEEF STEAKS	300g
PARSLEY	1 packet
CELERY STICK	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, sumac, honey

KEY UTENSILS

frypan, oven tray

NOTES

If you don't have sumac you can use ground coriander or lemon pepper.

Add toasted nuts or seeds such as almonds, walnuts, pistachios, pepitas or sunflower seeds to the salad if you have some in your pantry.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Zest lemon. Cut cauliflower into florets. Cut beetroot into angular pieces and wedge shallot. Toss on a lined oven tray with oil, lemon zest, 2 tsp cumin, salt and pepper. Roast for 15–20 minutes until tender.



2. MAKE THE DRESSING

Juice lemon. Add to a large bowl along with 1 1/2 tsp honey, 1 1/2 tsp sumac, 2 tbsp olive oil, salt and pepper (see notes). Whisk to combine.



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat steaks in oil, salt and pepper. Add steaks to pan and cook for 2-4 minutes each side until cooked to your liking. Set aside to rest.



4. PREPARE THE SALAD

Finely chop parsley leaves (and tender stems). Slice celery stick. Add to dressing bowl along with roasted vegetables (see notes). Toss to combine.



5. FINISH AND SERVE

Divide roast cauliflower salad among plates along with steak (slice if desired).



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