

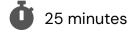


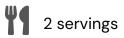


Beef Steaks with Roasted Cauliflower

and Caper Sauce

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







Whipped cauliflower!

To make whipped cauliflower, add cauliflower florets to a saucepan of water and boil for 10 minutes. Drain and return to pan. Blend to a smooth consistency. Stir in the cheese of your choice and season to taste.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

35g

36g

35g

IUg

FROM YOUR BOX

RED ONION	1
CAULIFLOWER	1/2
CAPERS	1 jar
GARLIC	1 clove
BEEF STEAKS	300g
ТОМАТО	1
MESCLUN LEAVES	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil, smoked paprika

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.

Wedge red onion. Cut cauliflower into florets. Toss on a lined oven tray with **oil**, **2 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 along with crushed garlic, 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.







