



**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 Roasted Cauliflower and Caper Sauce

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



25 minutes



2 servings



Beef

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	35g	10g

FROM YOUR BOX

RED ONION	1
CAULIFLOWER	1/2
CAPERS	1 jar
GARLIC	1 clove
BEEF STEAKS	300g
TOMATO	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.



4. PREPARE THE SALAD

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



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.



5. FINISH AND SERVE

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



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.



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